



Gregory-Portland Independent School District

Paul Clore, Ph.D.
Superintendent

Darla Czerwinski
Assistant Superintendent

Dear Parent/Legal Guardian:

As you may know, flu can be easily spread from person to person. Therefore, we are taking steps to reduce the spread of flu in Gregory-Portland ISD. We want to keep our schools open to students and functioning in a normal manner during this flu season. **But, we need your help to do this.**

We are working closely with the Texas Education Agency and the San Patricio County Department of Public Health to monitor flu conditions and make decisions about the best steps to take concerning schools. We will keep you updated with new information as it becomes available.

For now, we are doing everything we can to keep our schools functioning as usual. Here are a few things you can do to help.

- **Teach your children to wash their hands** often with soap and water or an alcohol-based hand rub. You can set a good example by doing this yourself.
- **Teach your children not to share personal items** like drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues. Covering up their coughs or sneezes using the elbow, arm or sleeve instead of the hand when a tissue is unavailable.
- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- **Keep sick children at home** for at least 24 hours **after** they no longer have fever or do not have signs of fever, without using fever-reducing drugs. Keeping children with a fever at home will reduce the number of people who may get infected.
- **Do not send children to school if they are sick.** Any children who are determined to be sick while at school **will be sent home.**

If the flu becomes more severe, we may take additional steps to prevent the spread.

For more information, refer to the follow website at http://www.cdc.gov/flu/professionals/flugallery/2009-10/parents_guide.htm and visit www.flu.gov, or call 1-800-CDC-INFO for the most current information about the flu. For more information about flu in our community and what our school is doing, visit the G-PISD website <http://www.g-pisd.org/> or call 361-777-4258, ext. 3010 or call the San Patricio County Department of Health at 361-364-6208. As conditions warrant, we will notify you of any additional changes to our school's strategy to prevent the spread of flu.

Sincerely,

Paul Clore, Ph.D.
Superintendent