

# *the Giles and Leigh Public Schools* of District Eighty

. . . SERVING THE VILLAGES OF NORRIDGE, HARWOOD HEIGHTS,  
AND PORTIONS OF NORWOOD PARK AND LEYDEN TOWNSHIPS

Dr. Susan Haddick  
*Superintendent*

Mr. Kerry Leiby  
*Assistant Superintendent  
Principal, Giles*

Mrs. Mary Kay Dunne  
*Principal, Leigh*

---

## **Board of Education**

Mrs. Julie McCormack  
*President*

Mr. David Krueger  
*Vice President*

Mr. David Disselhorst  
*Secretary*

Mr. Jeffrey Crivlare  
Mrs. Angela D'Alessandro  
Mrs. Elisa Maloberti  
Mr. Charles Stec

Norrridge Schools District 80  
Superintendent's Office  
8151 W. Lawrence Avenue  
Norrridge, Illinois 60706  
708-583-2068

James Giles School  
4251 North Oriole Avenue  
Norrridge, Illinois 60706  
708-453-4847

John V. Leigh School  
8151 W. Lawrence Avenue  
Norrridge, Illinois 60706  
708-456-8848

August, 2009

Dear Parents,

The Centers for Disease Control and Prevention (CDC) continues to update school districts about the spread of the H1N1 flu, also known as the Swine Flu. With school now in session, the CDC is reminding school districts to continue to be proactive to prevent the spread of the H1N1 virus. We take the cleaning of our school very seriously since it is a well known fact that viruses and germs can survive on surfaces for several hours. However, even the most thorough cleaning is useless, if we do not have your support at home.

The H1N1 flu symptoms are the same as any flu virus – fever (100 degrees or above), chills, body aches, cough, sore throat, headache, and fatigue. Some people may also develop vomiting and/or diarrhea. In order to prevent the spread of the H1N1 flu at school we need your help at home. The CDC has recommended the following:

1. Keep your child home if he/she is exhibiting any of the flu-like symptoms listed above. Anyone with a fever, a temperature of 100 degrees or above, should stay home until he/she is fever free for 24 hours without the use of fever reducing medication. This means if your child has had a fever for three (3) days he/she should stay home again on the fourth day before returning to school.
2. Flu viruses are commonly spread by coughing and/or sneezing, so it is very important to cover all coughs and sneezes. Try not to use your hands but instead cough and/or sneeze into your inner elbow. If you do cough into your hands then immediately wash them or use an alcohol-based hand sanitizer. Everyone should also wash his/her hands immediately after blowing his/her nose.
3. Viruses and germs are also introduced into our bodies when we touch our eyes, nose, and mouth. Encourage your child to keep his/her hands away from his/her eyes, nose, and mouth.
4. Always wash your hands before eating. Put an alcohol-based hand sanitizer wipe in your child's lunchbox and instruct him/her on how to use it at school. Get into the habit of washing your hands whenever you return home from a public place.

If the flu season becomes more severe, the CDC has recommended additional steps to prevent the spread such as: 1. conducting active fever and flu symptom screening of students and staff as they arrive at school; 2. making changes to increase the space between people such as moving desks farther apart and postponing class trips; and 3. dismissing students from school for at least 7 days if they become sick. We will continue to monitor illness at school and will keep you informed. Please remember to call the school office if your child will be absent due to illness. When you do call please be specific as to what symptoms your child is exhibiting at home.

Thank you in advance for your assistance and cooperation. Feel free to call with any questions or concerns.

Sincerely,

Patty Lubash, RN – Leigh School Nurse  
Bernadette Brosnan, RN – Giles School Nurse