



Thursday, September 17, 2009

Dear Carbon Valley Academy Families,

We wanted to let you know that the elementary school has a confirmed case of Influenza type A. However, it is important to note that a specific diagnosis of H1N1 or Swine Flu has not been determined. The school is taking extra precautions in having students and staff wash hands more often and we are disinfecting desks and classrooms as best we can. The following information may be useful in monitoring your child for flu-like symptoms:

The flu is often confused with the common cold, but flu symptoms are usually more severe than the typical sneezing and stuffiness of a cold.

Symptoms of the flu may include:

- Fever
- muscle aches
- dizziness
- tiredness
- sore throat
- nausea or vomiting
- ear pain
- chills
- headache
- loss of appetite
- cough
- runny nose
- weakness
- diarrhea

All strains of flu, including swine flu, are spread by coughing, sneezing and unclean hands. Practicing good hygiene is the best precaution to take to avoid the spread of influenza. Specific tips parents should share with children to avoid the spread of germs include:

- Cover your nose and mouth with a tissue when coughing or sneezing
- When you do not have a tissue, cough or sneeze into your upper sleeve
- Frequently wash your hands with soap and water or an alcohol-based hand cleaner, especially after coughing or sneezing
- Avoid touching your eyes, nose or mouth, as this is how germs are spread
- If you have flu-like symptoms, stay home and limit contact with others until they are gone.

Our school website, [www.carbonvalleyacademy.org](http://www.carbonvalleyacademy.org) will also have additional flu information. If you have further questions please don't hesitate to contact us at 303-774-9555.

Sincerely,

Tony Carey  
Executive Director