



**Cincinnati Public Schools**  
Education Center  
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[www.cps-k12.org](http://www.cps-k12.org)

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Dear Parents,

As you may know, last week, Kathleen Sebelius, Secretary of the U.S. Health and Human Services Department, visited our district to share information about the H1N1 influenza virus. She and Ohio Gov. Ted Strickland came to Rockdale Academy, where they answered questions from students, parents and teachers about H1N1, which health authorities now consider a pandemic.

As a follow-up, I'd like to share some important prevention measures families can take to help avoid seasonal flu and the 2009 H1N1 Influenza.

CPS is continuing to monitor local and national information about H1N1, and we are working closely with the Cincinnati Health Department to ensure that we are prepared for and can respond to any situation that arises. For up-to-date information regarding H1N1, visit the Centers for Disease Control's (CDC) Web site at [www.cdc.gov/h1n1](http://www.cdc.gov/h1n1). You may also call the Cincinnati Health Department's Hotline at **357-7499** or the Ohio Department of Health's flu information line, open weekdays from 8 a.m. to 5 p.m., at **(866) 800-1404**.

**Here are some suggestions to help your family stay healthy:**

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners also are good at fighting germs, but are to be used only when soap and water are not available.
- Avoid touching your eyes, nose or mouth. Germs are spread that way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like symptoms, the CDC recommends that you stay home for at least 24 hours after your fever is gone, except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making them sick.
  - H1N1 is thought to spread in the same way as the seasonal flu (mainly person to person through the coughing or sneezing of infected people).
  - Influenza symptoms include fever, body aches, runny nose, sore throat, and sometimes nausea, vomiting or diarrhea. Some people may become infected by touching a surface or object with flu viruses on it and then touching their mouth, nose or eyes.
- Make sure you have a family emergency plan. Visit [www.pandemicflu.gov/plan/](http://www.pandemicflu.gov/plan/) for a plan checklist.

If you have concerns, please contact Cincinnati Public Schools' Customer Help Center at 363-0123.

Regards,

Mary A. Ronan, Superintendent