



Lakewood School District # 306

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Dear Parents/Guardians:

At Lakewood School District, our goal is to always provide a safe & healthy learning environment for all of our students. You are likely aware that cases of flu have been on the rise across the nation. The Centers for Disease Control (CDC) are reporting "widespread" flu cases in 37 states. The CDC reports that their use of the word "widespread" is very unusual for mid-October and is usually only seen in late winter months. Washington is one of the states with widespread cases. This letter is to inform you of the measures Lakewood School District is taking to prevent the spread of disease, as well as our plan for keeping schools open.

Lakewood Administration and Health Services staffs have been working since last spring to be prepared for flu season. With the outbreak of the new H1N1 flu in April, we immediately implemented our District Pandemic Flu Plan. This plan was created years ago to prepare us for a time such as this. We are currently in the preliminary phase of the plan which means we are doing the following:

- Encouraging frequent hand washing
- Encouraging covering coughs/sneezes with sleeve or tissue
- Encouraging those who are ill (staff/students) to stay home
- Routine cleaning procedures (recommended by CDC and Snohomish Health District)
- Continual communication with Snohomish Health District
- Continual monitoring of CDC information
- Frequent interaction with the Office of Superintendent of Public Instruction for Washington State
- Sending students and staff home immediately if they have flu-like symptoms (fever with or without cough, sore throat, body aches, headaches)
- Daily tracking of student/staff absences (including asking about symptoms – this allows us to monitor the level of outbreak within our schools)

Our goal is to keep schools open while continuing to address and monitor student and staff health needs.

While we are seeing an increase in the number of flu-like illness cases, we are taking measures to try and ensure that school closures do not become necessary. We ask for your help with this in the following ways:

- If your child is ill with a fever (>100), cough and/or sore throat, please keep them home from school
- Keep your child home for a full 24 hours AFTER the fever has gone away (without the use of fever reducing medication)
- Have your child get plenty of rest
- Ask your child's healthcare provider about vaccination against the flu

Working together, we can limit the spread of flu-like illness at Lakewood. Thank you for your attention to this very important matter.

Ann McCrea, RN
District Nurse

Dennis Haddock
Superintendent