



**Meridian ISD**  
**P.O. Box 349**  
**Meridian, TX 76665**  
**(254) 435-2731**  
**Scott Hogue, Superintendent**

September 3, 2009

Dear Parent,

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 Meridian ISD. We want to keep the school open to students and functioning in a normal manner during this flu season.

We are working closely with the Texas Department of Health Services 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.

**But, we need your help to do this.**

- **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*.

Please help us at home by reinforcing good and healthy habits. If you have any questions please contact your physician or health care provider.

Thank you,

Scott Hogue

Betty Wallace, RN