

Dr. James P. Coon  
Superintendent



# PAMLICO COUNTY SCHOOLS

Dr. Wanda P. Dawson, Associate Superintendent  
Administrative Services  
Mrs. Cathy Dunbar, Assistant Superintendent  
Curriculum & Instruction

April 30, 2009

Dear Parents,

This letter is to inform you that the State of North Carolina has entered a heightened surveillance stage resulting from the presence of a swine flu virus that is making people sick in several states and in Mexico. Although, to date, mostly mild illness has occurred in the United States, we realize that many people are worried and we hope this letter will help address your concerns. We believe students can safely attend classes and schools will remain open at this time. Individual schools might have to close if students or staff are diagnosed with swine flu.

At this time, the state and local health departments have advised us that students can continue to come to school, as long as they are not sick and do not think they have flu symptoms. Flu-like symptoms include: fever (over 100 degrees F.), feverishness, cough, sore throat, runny nose, or stuffy nose. Additional symptoms may be experienced with swine flu, including muscle pain, fatigue, and sometimes vomiting or diarrhea.

Flu spreads easily. If you suspect your child is getting the flu, it is important that he/she does not attend school or go anywhere else—such as group childcare, the mall, or sporting events—where other people would be exposed to flu germs. It is also important to teach your children how to reduce their risk of getting the flu and protect others from infection.

- Teach your children to wash their hands often. Washing with soap and hot water for at least 20 seconds is ideal (that's about as long as it takes to sing the "Happy Birthday" song twice).
- Teach your children the proper use of hand sanitizer. Gels, rubs, and hand wipes all work well, as long as they contain at least 60% alcohol. Hand wipes must be disposed of properly. Always read and follow label instructions when using hand sanitizer.
- Teach your children to keep their hands away from their face and avoid touching their mouth, nose, or eyes.
- Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of their elbow. Cough or sneeze into your sleeve—not your hands!
- Help your children to learn these healthy habits by setting a good example and always doing them yourself.

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If we all practice good hygiene, health officials believe we can limit the spread of swine flu in our schools at this time. We are consulting with our local health department regarding best cleaning practices for infection control in our buildings.

While the current situation does not warrant school closure, if swine flu continues to spread and more students become ill, it may become necessary to close schools for a period of time. We are working with administrators, nursing staff in each school, and with the local health department to monitor the situation in the district and will make all decisions in consultation with them. We will inform parents immediately if the situation changes and it becomes necessary to close schools.

If schools are closed, please do not make arrangements—such as sending children to a friend’s home or group childcare—that will put them in close contact with other children. It is important to plan ahead. Have a family discussion now to consider options in advance of the event of a school closing.

**Please stay informed by paying attention to media reports. You may also get information at [www.cdc.gov](http://www.cdc.gov), [www.ncpublichealth.com](http://www.ncpublichealth.com), or CARE LINE, the toll-free number that North Carolinians can use to get answers to their questions. The CARE LINE number is **1-800-662-7030**. In addition, information will be posted at the Pamlico County Schools district website, [www.pamlico.k12.nc.us](http://www.pamlico.k12.nc.us). You may also contact **Janice Dixon, Lead School Nurse**, at **(252) 745-4171, ext. 632**.**

Thank you for your cooperation in keeping our children and our schools healthy.

Sincerely,

Dr. James P. Coon  
Superintendent