



**UTAH**  
VIRTUAL ACADEMY <sup>SM</sup>

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Hello Parents,

As we are coming into flu season and with concerns about the H1N1 virus, I am providing some information to minimize the risk of getting this or other communicable diseases. H1N1, previously known as the "Swine Flu," has received a great deal of attention in the national media. To date, the illness has not been any more severe than the seasonal flu, but it does seem to be transmitted easily and move through schools quite rapidly. Even though we have minimal risk because we are virtual, with testing and school-wide/classroom activities, we can never be too cautious. Here are some guidelines:

1. If you are ill, please stay home from testing or activities; please notify your teacher if this in close to a day when there is an activity. Please notify Kathy VanOrden at the office or our testing coordinator, Amy Vance ([avance@utahvirtual.org](mailto:avance@utahvirtual.org)) so they may advise on testing make-up.
2. Practicing good hygiene remains the most effective way to limit the spread of illness.
3. The staff of UTVA will strongly encourage families to consider flu shots if possible. This will minimize becoming sick which can increase the susceptibility of getting the H1N1 virus. The H1N1 vaccine will be available as soon as it is approved and distributed first to those with pre-existing medical conditions, such as asthma. Those who are considered at the greatest risk for health complications should make the H1N1 vaccination a priority.
4. Students experiencing flu-like symptoms will be encouraged to call their doctor. The recovery from H1N1 is typically two to four days. The recommended length of isolation is now 24 hours after one's fever has broken.

### **What You Can Do**

There are several things that you can do to help limit the spread of illness. Parents, we appreciate your help in reinforcing this information.

Specifically:

- Get a seasonal flu vaccination and the vaccinations for H1N1. This will help limit the number of people who become ill.
- Practice good hygiene. Wash hands often.
- If you become ill with a fever greater than 100 and a respiratory symptom (sore throat, congestion, runny nose, cough), make an appointment with your doctor as soon as possible.
- If you become ill with the flu, do not go to class or practice. You need to follow the advice of your doctor and focus on regaining your health. This is not a time to "soldier on." That is not in your interests

or the interests of the community.

#### General Flu Prevention Advice

The Centers for Disease Control's recommendations to reduce your risk of becoming infected include:

- Cover coughs and sneezes with your sleeve or elbow.
- Avoid touching your eyes, nose, and mouth.
- Wash hands frequently, especially after coughing or sneezing.
- Use available hand sanitizer stations."

Hopefully this will minimize the risk of getting the flu. Good health to you all.

*Jeffrey Herr*

Jeff Herr, Head of School