

December 1, 2009

Dear Parents,

The school district has been notified by the Tulsa County Health Department (TCHD) that they will continue vaccinations of our students for the H1N1 flu virus on January 4, 2010. At that time TCHD will administer vaccinations for students in **middle school and high school**.

**Parents of students in grades six through twelve: The attached permission form (Influenza/Pneumonia Vaccine Administration Record) must be completed and returned to school by Wednesday, December 16, 2009, for your student to be eligible to receive the H1N1 flu mist vaccination on January 4, 2010. Please be thorough in completing the record. The vaccination will not be administered to students who do not have a form or to students who have an incomplete form.**

Also attached is information from the TCHD regarding the vaccine. Please read the enclosed material and take advantage of this opportunity to have your student vaccinated for the H1N1 virus. As always, continue to take the following precautions.

**Teach your children to wash their hands** often with soap and water or an alcohol-based hand rub.

**Teach your children not to share personal items** like drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues. They should cover 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 medications.

If you have questions, please contact the school 322-9500.

Kathy Coley  
Superintendent