



Orangefield
Independent School District
P O Box 228 • Orangefield, Texas 77639

Philip Welch
Superintendent of Schools

September 2, 2009

Dear Parents/Guardians of Orangefield ISD Students:

There have been several students diagnosed with Influenza or Type A Flu. While they have not been confirmed as H1N1 Flu, we need to make you aware of the following:

Preventing the Flu from Spreading:

- Wash your hands thoroughly and frequently
- Never pick up used tissues
- Never share cups and eating utensils
- Stay home from work or school when you are sick with the flu
- Cover your mouth and nose with a tissue when you cough or sneeze

Treatment:

- Drink a lot of fluids to prevent dehydration
- Get plenty of sleep and take it easy
- Take acetaminophen or ibuprofen to relieve fever and aches (but do not give aspirin unless your doctor instructs you to do so)
- Wear layers, since the flu often makes them cold one minute and hot the next (wearing layers makes it easy to add or subtract clothes as needed)

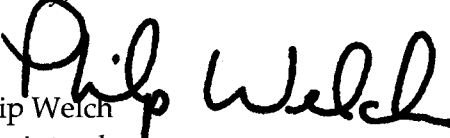
Call the Doctor if Your Child:

- Has flu symptoms- fever associated with a runny nose, sneezing, sore throat, coughing, fatigue, muscle aches, diarrhea and/or vomiting
- Has a high temperature- Fever > 100° with median 102°
- Seems to get better, but feels worse than before
- Has trouble breathing, seems confused, or seems to be getting worse

Orangefield ISD is making students aware of the 3 C's: **Clean** – wash hands often; **Cover cough** and **Contain** – stay away from others who are sick. Desks and tables are being cleaned and hand sanitizers are available for students. You may visit the district website www.orangefieldisd.com for links to more information on the H1N1 Flu.

Please call on me if you have particular questions or concerns.

Sincerely,


Philip Welch
Superintendent
Orangefield ISD

OISD Is The **ONLY** Place To Be