



## HEALTH NOTICE



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October 20<sup>th</sup>, 2009

Dear Horizon Prep Parents:

As a follow-up to last Thursday's Power Call regarding the presence of Influenza A on our campus, we want to remind you of what we are doing to keep our Horizon Prep Family safe and healthy. These guidelines are based on recommendations from the CDC, San Diego Public Health Services, and the California Health Alert Network.

### **Prevention of Influenza (H1N1 and Seasonal)**

Horizon Prep has taken the following precautions to reduce the risk of Influenza from being spread on our campus:

- Teaching and reinforcing good hand washing and cough etiquette with students and staff.
- Providing alcohol-based hand sanitizer in every classroom as well common areas
- Availability of Health office for on-site assessment of students
- Exclusion of students with influenza-like-illness: any student with fever greater than 100 degrees AND cough or sore throat
- Daily disinfection of classrooms
- Daily monitoring of absences and tracking of illness

### **Symptoms of Influenza-Like-Illness**

Guidelines for exclusion of ill staff and students is as follows:

- Fever greater than 100 degrees AND cough or sore throat

The following symptoms may also be present:

- Runny or stuffy nose
- Headache
- Body aches
- Vomiting/Diarrhea
- Fatigue

Staff and students with the above symptoms are to stay home until the fever has subsided for at least 48 hours without the influence of fever-reducing medication.

**We are requesting that parents report by phone or email to the Horizon Prep School Nurse [tmisel@horizonprep.org](mailto:tmisel@horizonprep.org) any student with a fever greater than 100 degrees AND cough or sore throat for tracking purposes.**