



Denton County Health Department  
306 N Loop 288, Ste 183  
Denton, TX 76209  
(940) 349-2900

Dear Parent or Guardian,

Last spring there was a flurry of activities to prevent the spread of a new influenza virus (the “swine flu” or “H1N1 flu”) in the schools. Some schools closed because of flu. We want to keep the schools open with normal activities this flu season. We need your help to do this.

Please remind your child to wash his or her hands often. Teach your child to cough or sneeze into his or her elbow.

**Please do not send your child to school if he or she is sick.** If your child has symptoms of the flu (such as a fever and a cough or sore throat), you must keep your child home until he or she does not have fever for 24 hours without the use of medication (such as Tylenol or Motrin). **Please keep your child at home except to go to the doctor while he or she is sick.** While your child is sick, he or she should not hang out with friends, participate in school or other social activities, or be sent to a daycare.

If your child becomes sick with a fever (100 degrees or higher) and a cough, sore throat, or other symptoms of the flu at school, he or she will be separated from other children. Your child may be asked to wear a mask. You will be called to pick your child up from school.

If your child is sick with the flu, please tell the attendance clerk that is why your student is absent. If your doctor does a test for flu and it is positive, please tell the attendance clerk. This information is used to watch for how much flu is in a school.

Anyone can get the flu, even healthy people. Children under 5 years old, pregnant woman, people with chronic health conditions (like asthma or diabetes), and people older than 65 are more likely to get complications from the flu.

We do not know what the flu season will be like this winter. The Denton County Health Department is working closely with school districts across the county to protect the health of our children. Please make back-up plans in case your child is sick or in case your child’s school closes because of flu.

**Ed Thornton, DO**  
Denton County Health Authority

**Jessica Gullion, PhD**  
Chief Epidemiologist

**Denton County Health Department Influenza Hotline: 940-348-2584**  
**[www.dentoncounty.com/health](http://www.dentoncounty.com/health)**