



DEPARTMENT OF DEFENSE DEPENDENTS SCHOOLS PACIFIC/
DOMESTIC DEPENDENT ELEMENTARY & SECONDARY SCHOOLS - GUAM
DIRECTOR'S OFFICE
UNIT 35007
APO AP 96376-5007

Dear Parents and Staff:

I want you to know that DoDDS-Pacific/DDESS-Guam is working closely with medical authorities to monitor the current H1N1 flu situation. We are taking action to inform and educate our staff and students about preventive measures. It is important that families, schools and medical facilities work cooperatively to share steps that can be taken to protect students and staff members.

Influenza is thought to spread mainly from person to person through coughing or sneezing by infected people. Symptoms of H1N1 flu are similar to the symptoms of seasonal flu in humans and may include fever (greater than 100°F), sore throat, cough, stuffy nose, headaches and body aches, and fatigue. DoDDS-Pacific school nurses and staff will be closely monitoring students for any signs or symptoms and will act accordingly. Additionally, DoDDS has emphasized the importance of the daily cleaning routines conducted in schools; the chemicals and procedures used in DoDDS facilities are effective against viruses similar to the H1N1 flu.

Here are a few suggestions from the Center for Disease Control that parents can use to assist with prevention efforts:

- Wash your hands often with soap and water, especially after you cough or sneeze. Have your children frequently wash hands. For young children, a good guideline is to have them lather their hands for as long as it takes to sing the Happy Birthday song two times. When done correctly, hand washing is the single most effective way to prevent the spread of communicable diseases. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose, and mouth. Germs spread that way.
- Reinforce your children's awareness of cough and respiratory "etiquette procedures," i.e. covering coughs and sneezes. See attached poster.



covercough_school8-
5x11.pdf

- If you get sick, stay home from work or school and limit contact with others to keep from infecting them. Individuals should contact their local healthcare provider for follow-up.
- The following links are a good source of information about H1N1 flu and other contagious diseases:
 - The Center for Disease Control: <http://www.cdc.gov/H1N1flu/>
 - Comprehensive government-wide information on pandemic influenza; <http://www.pandemicflu.gov/>
 - World Health Organization (WHO): <http://www.who.int/en/>
 - Clean Hands Save Lives (CDC): <http://www.cdc.gov/cleanhands/>

We will continue to keep the school community aware of health precautions being taken in the schools. For information about your school preparations, please contact your principal. Also stay tuned to command information channels such as AFN for updated information. Thank you for your continued support as we take these measures to protect our students and staff.

Nancy C. Bresell, Director