



Saint Mark Lutheran Church & School
K a n e o h e, H a w a i i

Matthew Hilpert, Pastor

R. David Gaudi Jr., Principal

August 10, 2009

Dear Saint Mark Families,

With classes resuming, flu season right around the corner, and more than 1,400 confirmed cases of H1N1 virus (swine flu) in Hawaii, it is important that we continue to stay abreast of the latest state and federal health recommendations as they relate to the influenza (flu) virus.

Two flu shots are being recommended this year – one for the seasonal flu and one for the swine flu. The State of Hawaii is again offering free vaccinations for the seasonal flu at Saint Mark. This year's seasonal flu vaccination is scheduled for **Wednesday, October 21, 2009**. The swine flu vaccination is currently in production and should be available this fall. The Center for Disease Control and Prevention's Advisory Committee on Immunization Practices (ACIP) is recommending that all people from 6 months to 24 years of age be vaccinated for the swine flu once it becomes available.

In addition to vaccinations, the CDC recommends the following for K-12 schools:

- Students, faculty or staff with influenza-like illness (fever with a cough or sore throat) should keep away from others as much as possible, stay home, and not attend school or go into the community (except to seek medical care or for other necessities) for at least 24 hours after fever is gone. (Fever should be gone without the use of a fever-reducing medicine.)
- Students, faculty and staff who appear to have an influenza-like illness at arrival or become ill during the day should be isolated promptly in a room separate from other students and sent home.
- Parents and guardians should monitor their school-aged children, and faculty and staff should self-monitor every morning for symptoms of influenza-like illness.
- Students, faculty and staff should stringently follow sanitary measures to reduce the spread of influenza, including covering their nose and mouth with a tissue when coughing or sneezing (or coughing or sneezing into their sleeve if a tissue isn't available), frequently washing hands with soap and water, or using hand sanitizer if hand washing with soap and water is not possible.

I assure you that the faculty and staff of Saint Mark will be vigilant in its monitoring of this year's flu season, and we humbly implore you do the same. As always, please do not hesitate to contact the school office should you have any questions, comments or concerns.

Sincerely,

R. David Gaudi Jr.

Encl: (1) Honolulu Advertiser article, "2 Flu Shots Advised this Fall"
(2) Guidelines for Recognizing Influenza (Flu) Symptoms and Management