



# Lynden Christian Schools

*"Linking head and heart, home and school, child and God."*

**Bellingham-Evergreen Campus:** Preschool – 6th Grade

**Lynden Campus:** Preschool – 12th Grade

May 6, 2009

Dear Friends,

The Center for Disease Control (CDC) has announced a change (see below) with regard to school closures where there have been reported cases of the H1N1 influenza ("Swine Flu").

## **Will schools continue to close?**

Public Health officials will no longer order a school closure based on the diagnosis of a single probable or confirmed case of H1N1. As is the practice with seasonal influenza, schools may be closed if larger numbers of students or faculty become ill. At this point in the outbreak, school closures appear less necessary given what is being observed about the spread of disease and the severity of illness currently associated with the H1N1 strain. As the illness becomes more common in a community, closing individual schools based on reports of one or two diagnosed cases is less effective as a control measure.

## **Why did some schools close?**

At the onset of this outbreak of a previously unknown influenza virus, it was believed to be prudent to close affected schools while medical personnel learned more about the characteristics of this new illness and the strategy for community measures to prevent illness. The closures were intended to decrease the spread of infection in the schools and have provided valuable time to gather information about this new H1N1 influenza strain in communities. We appreciate the sacrifices families and schools have made to protect the health of the community during this early stage of the outbreak.

## **What should we do if someone in my family has symptoms?**

*STAY HOME* if you have flu symptoms: fever and cough or sore throat, sometimes with runny or stuffy nose, body aches, vomiting or diarrhea.

Please stay away from others until you are better for a least one day so you won't infect people around you. Make the decision to see a health care provider as you would during a typical flu season. *Do not seek medical care if you are not ill or have only mild symptoms for which you would not ordinarily seek medical care.* If you have more severe symptoms of fever, cough, sore throat, body aches or are feeling more seriously ill, call your health care provider to discuss your symptoms and if you need to be evaluated.

If the following flu-like symptoms are mild, **medical attention is NOT required.**

- Runny nose or nasal stuffiness
- Low-grade fever for less than 3 days
- Mild headache
- Body aches
- Mild stomach upset

With appreciation for your understanding and patience,

*Henry D. Kok*  
*Superintendent*

Bellingham-Evergreen Campus: 4604 Cable Street, Bellingham, WA 98229 • (360) 738-8248

Lynden Campus: 417 Nooksack Avenue • Lynden • Washington 98264 • (360) 318-9525 • Fax (360) 318-1094