



Academy Child Development Center, Inc.
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Dear Academy Parents,

September 24, 2009

As you may know, flu can be easily spread from person to person. Therefore, we are taking steps to reduce the spread of flu at Academy. We want to keep the school open to students and functioning in a normal manner during this flu season. **But, we need your help to do this.**

We are working closely with Montgomery County's Child Care Health Consultant and Montgomery County Public Schools to monitor flu conditions and make decisions about the best steps to take concerning programs. We will keep you updated with new information as it becomes available.

If the flu becomes more severe, we may take additional steps to prevent the spread such as:

- conducting active fever and flu symptom screening of students and staff as they arrive at school,
- dismissing students from school for at least 7 days if they become sick.

For now we are doing everything we can to keep our school functioning as usual. Here are a few things you can do to help.

- **Teach your children to wash their hands** often with soap and water. You can set a good example by doing this yourself.
- **Teach your children not to share personal items** like drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues. Covering up their coughs or sneezes using the elbow, arm or sleeve instead of the hand when a tissue is unavailable.
- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- **Keep sick children at home** for at least 24 hours *after* they no longer have fever or do not have signs of fever, without using fever-reducing drugs. Keeping children with a fever at home will reduce the number of people who may get infected.
- **Do not send children to school if they are sick.** Any children who are determined to be sick while at school *will be sent home.*

For more information, visit www.flu.gov, or call 1-800-CDC-INFO for the most current information about the flu. For more information about flu in our community and what our school is doing, visit montgomerycountymd.gov/H1N1flu or call Montgomery County Health Line at (240) 777-4298. We will notify you of any additional changes to our school's strategy to prevent the spread of flu.

Sincerely,
Sharon Heselden



DEPARTMENT OF HEALTH AND HUMAN SERVICES

Isiah Leggett
County Executive

Uma S. Ahluwalia
Director

October 13, 2009

Montgomery County Department of Health and Human Services (DHHS) will offer H1N1 (swine) flu vaccine to MCPS students, private school students and other healthy children from 2 years up to 18 years of age at FREE school-located clinics on the following dates: Wednesday, October 28, Wednesday, November 4, Wednesday, November 11 and Wednesday, November 18 from 4:00 p.m. – 8:00 p.m.

Northwood High School, 919 University Boulevard West, Silver Spring, MD 20901

Northwest High School, 13501 Richter Farm Road, Germantown, MD 20874

Rockville High School, 2100 Baltimore Road, Rockville, MD 20851

H1N1 vaccine will also be offered for students at the School Health Services Center, MCPS Rocking Horse Road Center, and 4910 Macon Road, Rockville, MD 20852 starting on Thursday, October 15, from 8:30 a.m. - 12:30 p.m. and 1:30 p.m. - 3:30 p.m.

Both the H1N1 (swine) flu nasal spray and injectable (flu shot) vaccine will be offered as it is available. Individuals cannot receive the H1N1 (swine) flu nasal spray within 28 days of receiving the *seasonal* nasal spray (FluMist) vaccine.

For current information on locations and times of H1N1 (swine) flu clinics, check the County's website at www.montgomerycountymd.gov/h1n1flu or call the flu hotline at 240-777-4200. In addition to the local health department, retail locations and some private physicians will be receiving the H1N1 (swine) flu vaccine.

As you know, the *school based seasonal* flu vaccine campaign has been suspended. Instead, free seasonal injectable flu vaccine is being offered for students at the School Health Services Center, MCPS Rocking Horse Road Center, 4910 Macon Road, Rockville, MD 20852 on Thursdays, 8:30 a.m. - 12:30 p.m. and 1:30 p.m. - 3:30 p.m. Students under 9 years of age who need a second dose of seasonal flu vaccine may receive it at these clinics. Free seasonal flu vaccine clinics that are open to everyone will be held on October 31st at Silver Spring Health Center 10:00 a.m. – 2:00 p.m., on November 5th at Germantown Recreational Center 8:30 a.m. – 12:00 Noon and on November 12th at University of Maryland Shady Grove, 4:00 p.m. - 7:00 p.m. The vaccination for the seasonal flu and the H1N1 (swine) flu is entirely voluntary and not required for school attendance.

Sincerely,

Ulder J. Tillman, M.D., M.P.H.

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Public Health Services