

# Harding

A C A D E M Y

1100 Cherry Road  
Memphis, TN 38117  
901-767-4949 (telephone)  
901-763-4949 (fax)  
www.hardingacademymemphis.org

Pamela C. Womack  
President and CEO

TO: Parents/Guardians of Harding Students  
FROM: Pamela C. Womack  
RE: H1N1 update

1 September 2009

This morning, we learned one of our junior high students has been diagnosed with the H1N1 influenza. Other cases may occur. The Centers for Disease Control (CDC) no longer recommends automatic school closure, except for schools with a high percentage of “medically fragile” students.

In spite of some of the media hype surrounding this issue, the CDC is not recommending that parents keep students home unless they show influenza symptoms, including fever over 100 degrees, cough, sore throat, runny or stuffy nose, body aches, headache, and feeling of tiredness. Some people may also vomit or have diarrhea. A student with fever should always be kept at home. A student should be free of fever for 24 hours, without the use of Tylenol, Advil, etc., before returning to school.

This would be a good time for you to reinforce at home the things we are telling students at school about how to stay well.

- Don't eat or drink after others.
- Cover your mouth and nose with a tissue when you sneeze or cough. Throw the tissue in the trash. Never leave it for someone else to pick up. Or better, sneeze or cough into the crook of your elbow, not into your hand.
- Wash your hands thoroughly and often. Use soap, and scrub vigorously.
- Use the paper towel to turn off the water and open the door.
- Use the hand sanitizer that teachers have in your classrooms.
- Use the hand sanitizer at the entrance to the cafeteria every day.
- Keep your hands away from eyes, nose, and mouth.
- Get plenty of sleep.
- Stay away from people who are sick.
- If you feel sick, tell a teacher, administrator, or counselor.

You may want to look at the website of the Centers for Disease Control regarding H1N1 <<http://www.cdc.gov/H1N1flu/qa.htm>>.

Your student's safety and well-being are of utmost concern to us. Thank you for your help in communicating the steps we all need to take. We will keep you informed as the situation warrants.

*They shall all be taught of God.  
John 6:45*