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To Parents/Guardians of Jemez Valley Public Schools students:

The New Mexico Department of Health informed us that influenza is widespread in New Mexico. It has now arrived in Jemez Valley Public Schools. Symptoms that are associated with influenza include:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headaches
- Chills
- Tiredness
- Sometimes diarrhea and vomiting

Children and staff who come to school with fever and respiratory illness will be sent home. According to the Department of Health they should stay home until they are free from fever for 24 hours without the use of fever-reducing medication. Parents/guardians should seek medical care for their students if their symptoms worsen.

The Department of Health also advised that it is not too late to get vaccinated. They recommended that all people 6 months of age should get annual influenza vaccine to protect everyone, especially those who are vulnerable to serious flu illnesses, including babies, young children, older people, and individuals with some chronic health conditions. In cases where the vaccine may not prevent the flu altogether, the flu vaccination may make the illness less severe.

Jemez Valley Public Schools has implemented the following to help reduce the spread of flu:

- Sick students and staff will be separated from others until they can go home
- Frequently cleaning and disinfecting surfaces
- Encouraging students to wash their hands often
- Encouraging students to cover their coughs and sneezes

If you have further questions, you can contact our Health Office, 575-834-7391.

Sincerely,



Dr Susan Wilkinson Davis