

Dear Parents – this has been forwarded to the school from the Iowa High School Athletic Association:

The Iowa Department of Public Health has asked that we send the following information to you regarding H1N1 influenza and ask you to forward it to your athletic coaches, fine arts directors and other activity advisors. Here is a web link to the IDPH information on H1N1 - <http://www.idph.state.ia.us/h1n1>. This link is updated daily, so you never have to worry about having to up-to-date information.

Please forward the IDPH link and the following information to your athletic coaches, fine arts directors and other activity advisors:

- a. Please be on heightened awareness of illnesses, especially influenza-type illnesses.
- b. Use common sense precautions such as telling students not to share mouth guards, water bottles, instrument mouth pieces, makeup, etc.
- c. Maintain routine cleaning, using cleaning agents as directed on the bottle. No need to buy foggers and fancy "new cleaners." The usual cleaners your school uses are fine, when used as directed.

If you have any questions please don't hesitate to contact the Iowa Department of Public Health. Their contact information can be found when clicking on the link above.

I thought this was good general information for influenza awareness. Please call me with any questions.

Randi Swanson, RN  
School Nurse