



Eureka County School District

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Dear Parents, Staff and Students of Eureka County School District:

As the fall season approaches, so does the flu season. Although there are a growing number of cases of seasonal as well as H1N1 influenza, our schools remain open and we are working to support the health and safety of our students, staff and community. Most cases reported in Eureka County have been mild and the Nevada Rural Health Center (NVRHC) has provided the following information to minimize the spread of influenza:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Cough into your elbow, shoulder or inside your shirt whenever possible.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you get sick with influenza, stay home from work or school and limit contact with others to keep from infecting them. It is recommended that people remain home for 24 hours after a fever ends without the aid of anti-fever medication.

In addition, health professionals suggest people may want to consider the seasonal flu vaccine. There are no anticipated shortages, and seasonal flu shots are recommended for most people. For information about the H1N1 vaccine, check with your health care professional. Shots are now available at the Eureka Clinic.

The NVRHC anticipates additional cases of H1N1 flu at schools and in the community and is not recommending school closure at this time. The Eureka County School District continues to monitor the situation and work with the NVRHC on any further actions. All schools have soap and water and/or alcohol based hand sanitizers available for students and staff, and they have been asked to encourage their frequent use.

Parents, students and staff are encouraged to check for fact sheets and updates at www.eureka.k12.nv.us. Please feel free to contact the Eureka County School District as needed for questions.

Sincerely,
Ben Zunino
Superintendent
Eureka County School District

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