



April 30, 2009

Dear Parent/Guardian:

Friendship Public Charter School values your child's health and safety. We are therefore forwarding the attached letter from the DC Department of Health which provides additional information regarding recent reports of swine flu.

**Currently, there are no known cases of swine flu at any of the Friendship Public Charter School sites.**

However, we are taking every necessary precaution and strongly encourage you to assist us in our efforts by reading the attached guidance from the DC Department of Health also typed below.

There are simple steps that you and your children can take to prevent the spread of the swine flu virus and other diseases.

**Cover your cough and sneezes to help stop germs from entering the air:**

- Ideally you should cough or sneeze into a disposal tissue.
- If you do not have a disposable tissue, you can cough or sneeze into the elbow of your sleeves, not into your hands.
- After coughing or sneezing, you should wash your hands with soap and water.

**Frequent hand washing prevents the transfer of diseases:**

- Use soap and water, lathering well above the wrists and rub your hands together for at least 15-20 seconds.
- A good way to make sure your children are scrubbing their hands for the right amount of time is to sing the Happy Birthday or Row, Row, Row Your Boat songs twice.
- Once you are finished scrubbing rinse and dry your hands.
- Hand sanitizers are a good temporary solution, but should not replace washing hands with soap and water.

If your child should develop any symptoms of the flu, such as feeling tired, cough, runny nose, sore throat and a temperature of 100 degrees or higher it is important that you keep him/her at home and contact your healthcare provider to obtain a medical evaluation.

Should you have any questions or concerns, please call the DC Department of Health at (202) 442-5859 or your child's school nurse. You may also phone Friendship's Parent Relations Director Gail Sivels, or Health Services Director Dianne Harris at (202) 281-1700.

Sincerely,

Donald L. Hense  
Chairman