



**COOK COUNTY SCHOOL DISTRICT NO. 154**  
THORNTON, ILLINOIS 60476

**DR. CAROL KUNST, SUPERINTENDENT**  
DISTRICT OFFICE (708) 877-5160  
FAX (708) 877-2537

**WOLCOTT SCHOOL**  
200 NORTH WOLCOTT STREET  
THORNTON, ILLINOIS 60476  
Web Site: [www.wolcottschool.com](http://www.wolcottschool.com)

November 9, 2009

Dear Wolcott Parents,

Today we learned that one of our students has a confirmed case of H1N1 flu. Although it does not appear to be a severe case, the student is following all of the doctor's recommendations and guidelines as to when they may return to school. Although this one case does not warrant wide-spread worry or fear, we would like to use this opportunity to remind everyone to be pro-active in utilizing sound preventative measures to discourage further spread of the virus.

We have all been encouraged to take the following measures to help reduce our chances of becoming sick:

**\*\*Practice good hand hygiene by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.**

**\*\*Know the signs and symptoms of the flu. Symptoms of the flu include fever, cough, sore throat, runny or stuffy nose, body aches, headache and feeling tired. For medical questions or concerns, contact your physician.**

**\*\*Stay home if you are sick for at least 24 hours after there is no longer a fever or signs of a fever.**

**\*\*Cover your nose and mouth with a tissue when you cough or sneeze, and throw it away after use.**

**\*\*Do not share eating utensils or drinking containers.**

For more information, you may want to view the following websites:

Illinois Department of Public Health...<http://www.idph.state.il.us/>

Or

Centers for Disease Control...<http://www.cdc.gov/swineflu/>

Thank you for reviewing these preventive measures with your children. We are grateful that you continue to keep your student(s) home if they are ill and that you have made arrangements with someone to pick them up from school (if you are unable) should we need to send them home.

*Dr. Carol A. Kunst*