

# THE SCHOOL DISTRICT OF OSCEOLA COUNTY, FLORIDA

## Community Relations Department

817 Bill Beck Blvd. • Kissimmee • Florida 34744-4495

Phone: 407-870-4007 • Fax: 407-870-4017 • [www.osceola.k12.fl.us](http://www.osceola.k12.fl.us)

### SCHOOL BOARD MEMBERS

- District 1 – Jay Wheeler  
407-390-0505
- District 2 – Julius Melendez  
407-922-5113
- District 3 – Cindy Lou Hartig  
407-832-3999
- District 4 – David Stone, Vice Chair  
407-933-2700
- District 5 – John McKay, Chair  
407-957-4056



Superintendent of Schools  
Michael A. Grego, Ed.D.

As you may know, flu can be spread easily from person to person. Therefore, we are taking steps to prevent the spread of flu at Osceola County Schools for as long as possible, **but, we need your help to accomplish this.**

We are working closely with the Osceola County Health Department to monitor flu conditions and make decisions about the best steps to take to keep our students and staff healthy.

For now, we are doing everything we can to keep our school operating as usual. Here are a few things you can do to help:

- **Practice good hand hygiene** by washing your hands with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners also are effective when hand-washing is not possible.
- **Practice respiratory etiquette** by covering your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands. Avoid touching your eyes, nose, or mouth; germs are spread this way.
- **Know the signs and symptoms of the flu.** A fever is a temperature taken with a thermometer that is equal to or greater than 100 degrees Fahrenheit or 38 degrees Celsius. Look for possible signs of fever: if the person feels very warm, has a flushed appearance, or is sweating or shivering.
- **Stay home if you have flu or flu-like illness for at least 24 hours after you no longer have a fever** (100 degrees Fahrenheit or 38 degrees Celsius) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen). **Talk with your health care providers about whether you should be vaccinated for seasonal flu.** Also if you are at higher risk for flu complications from 2009 H1N1 flu, you should consider getting the H1N1 vaccine when it becomes available. People at higher risk for 2009 H1N1 flu complications include pregnant women and people with chronic medical conditions (such as asthma, heart disease, or diabetes). For more information about priority groups for vaccination, visit [www.cdc.gov/h1n1flu/vaccination/acip.htm](http://www.cdc.gov/h1n1flu/vaccination/acip.htm).

For more information about flu in our community and what our school district is doing to be proactive, visit [www.osceola.k12.fl.us](http://www.osceola.k12.fl.us) and look for the Health Information link.

For the most up-to-date information on flu, visit [www.flu.gov](http://www.flu.gov), or call 1-800-CDC-INFO (232-4636).

*Student Achievement – Our Number One Priority*

Districtwide Accreditation by the Southern Association of Colleges and Schools

School District Main Office: 817 Bill Beck Boulevard • Kissimmee • Florida • 34744-4492 • Phone: 407-870-4600 • [www.osceola.k12.fl.us](http://www.osceola.k12.fl.us)

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