

*Atlantic Coast Academy
49 John Maki Road ~ West Barnstable, MA 02668
508-362-3111*

September 2009

**TO ALL PARENTS, DANCE & FENCING STUDENTS
REGARDING SEASONAL FLU AND THE H1N1 FLU VIRUS**

FOR ENTIRE SCHOOL - Faculty, Staff, Students and Parents:

1. KNOW THE SIGNS AND SYMPTOMS OF THE FLU (visit www.flu.gov).

The main symptoms are a cough and/or sore throat with a fever of 100.4 F or higher for more than 24 hours.

Other seasonal flu symptoms include: Fever, Runny or stuffy nose, Headaches and/or body aches, Chills, Fatigue

H1N1 symptoms include the above, but more severe, and a number of H1N1 (swine) flu cases have reported: Vomiting / Diarrhea

2. DO NOT COME TO THE DANCE SCHOOL if you have flu or flu-like illness. This includes parents, siblings & friends who wait for students during classes.

You can make up classes that you have missed due to the flu.

3. DO NOT RETURN TO CLASSES UNTIL your body returns to normal temperature for at least 24 hours

WITHOUT THE USE OF ANY FEVER REDUCING MEDICATION - (Tylenol-acetaminophen, Motrin/Advil-ibuprofen, aspirin, etc.)

4. PLEASE TELEPHONE OUR OFFICE as you normally would if your child is out.

If it is due to the flu or flu-like illness, please let us know.

5. IN THE UNLIKELY EVENT THAT THE DANCE SCHOOL WOULD NEED TO CLOSE, that information – as with any status change,

Would first be recorded on the dance school answering machine 508-362-3111 and then communicated through other channels such as our websites, radio announcements, and email if possible.

6. OTHER PREVENTITIVE TIPS:

- **Practice good hand hygiene** by washing your hands with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners/sanitizers also are effective when soap and water are not available.
- **Practice respiratory etiquette** by covering your mouth and nose with a tissue when you cough or sneeze, and discard that tissue immediately. 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.
- **Do not share drinks (water bottles, cans, cups) or eating utensils.** Label water bottles for class with your name. If you are not sure if a water bottle is yours, don't drink from it.
- **Check with your health care provider about whether you / your children should be vaccinated for seasonal flu.** For more information about priority groups for vaccination, visit <http://www.flu.gov/vaccine> .

We hope that by following these recommendations, and with on-going communication throughout the flu season, we all will enjoy a healthy and fun dance year.

-Staff

Atlantic Coast Academy of Dance
Cape Cod Hip Hop & Jazz
Cape Cod Fencing Academy