



ORANGE COUNTY PUBLIC SCHOOLS
TAYLOR EDUCATION ADMINISTRATION COMPLEX
200 DAILEY DRIVE
ORANGE, VIRGINIA 22960
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540-661-4550 **Fax 540-661-4599**

January 12, 2010

Dear Parents, Guardians and Employees:

As of yesterday, all students have been offered the H1N1 vaccination and there are no clinics remaining to be held in schools. On our website, you will find the Health Department's schedule of vaccination clinics where you may go to receive the vaccination at no cost.

An attendance comparison from last year is offered below. The good news is our average daily attendance has not been dramatically affected by flu-like illnesses. This is in great part due to continued vigilance of good hygiene practices of washing hands, staying at home when experiencing high fever and covering coughs and sneezes. It is important to remember however, as reported by the Health Department, that seasonal flu has not yet appeared in our community.

Month	2009-2010	2008-2009
September	94.00%	94.21%
October	91.84%	94.60%
November	93.17%	94.81%
December	93.30%	93.82%

During the week of January 4th-8th, information on flu-like illnesses is reported in the chart below.

School	Total Enrollment	Total Reports of Influenza for the week ending 1-8-10
Gordon-Barbour Elem	381	1
Lightfoot Elementary	298	0
Locust Grove Elementary	653	18
Locust Grove Middle	826	0
OCHS	1,584	0
Orange Elementary	573	1
Prospect Heights Middle	498	0
Unionville Elementary	297	0
Total	5,110	20

It is officially winter, which brings, along with the cold weather, the onset of a variety of illnesses. It can be difficult to figure out exactly which one your child may have because the most common conditions share many symptoms. Examples of winter illnesses which are easily spread are colds, respiratory difficulty, and bronchitis. Colleagues in work, students at school, and riding the bus are all ways we can come into contact with colds and flu. You should always consult with your physician/pediatrician with questions about your child's health.

It is often thought that despite our best efforts, we can do little to stop the spread of the cold and flu viruses, but there are ways in which we can build up our immune system for the winter. Tips to lesson the effects of winter illnesses are to drink plenty of water, continue to use hand sanitizer, boost your immune system with vitamin C, and sneeze in the crook of your elbow or in a tissue (if handy). Vitamin C can be found in most citrus fruits and juices. So make sure you take extra care this winter to avoid catching anything but if you do, consult your medical professional or check with your local pharmacy.

Stay well!

We will continue to track illness in all our schools and report the data bi-weekly.

Sincerely,

A handwritten signature in blue ink that reads "Jan Carpenter". The signature is written in a cursive style with a large, looped initial "J".

Jan Carpenter, M.S.Ed
Director, Special Education