



## Research Triangle Charter Academy

2418 Ellis Road  
Durham, NC 27703  
Phone: (919) 957-7108  
Fax: (919) 957-9698  
[www.NHASchools.com](http://www.NHASchools.com)

Dear Research Triangle Parents:

During this cold and flu season, we please be aware of the symptoms of H1N1:

- fever
- lethargy
- lack of appetite
- coughing
- runny nose
- sore throat
- nausea
- vomiting
- diarrhea

We also encourage you to continue to reinforce with your children the importance of taking measures to reduce their risk of getting the flu and protect others from infection. These measures include:

- 1) Frequent hand washing. Washing with soap and water for at least 20 seconds is ideal.
- 2) Keeping their hands away from their face and avoid touching their mouth, nose and eyes.
- 3) Covering coughs and sneezes with tissues or by coughing into the inside of their elbow or their sleeve, not their hands, to reduce the spread of germs.

Thank you for your continued support of Research Triangle Charter Academy and for serving as our partner in your child's education.

Terri Gullick  
Principal