

April 30, 2009

TO: Parents

FROM: Susan Cote, Principal

RE: Swine Flu (H1N1)

Swine Influenza is a respiratory disease of pigs caused by type A influenza viruses that cause regular outbreaks in pigs. Swine viruses have been reported to be spread from person to person, but in the past, this transmission was limited.

CDC has determined that this swine influenza A (H1N1) virus is contagious and is spreading from human to human. However, at this time it is not known how easily the virus spreads between people.

#### Signs and Symptoms

- Fever
- Cough
- Sore throat
- Body aches
- Headaches
- Chills
- Fatigue
- Some people experience diarrhea and vomiting

#### How to protect yourself from getting sick:

- Good hand hygiene.
- Respiratory etiquette (cough in your sleeve or a tissue)
- Avoid close contact with sick people
- If you're sick, stay home!

#### What should you do if you get sick?

- Contact your health care provider if you become ill and you have recently visited in areas or have had contact with persons that have been in areas where there have been confirmed cases of swine flu (Mexico, San Diego, Kansas City, San Antonio).
- Your provider may order nasal swabs to test for influenza A, if positive these would then be sent on to the State Lab for strain identification.
- Wash your hands frequently.
- Avoid close contact with others.

Please understand that at this time we are doing everything to ensure that the students are using good hygiene practices. Please encourage them to do the same at home. We are also keeping an eye on the news and will update you if the need arises.

To stay current on current events related to the status of Swine Influenza: [www.cdc.gov/swineflu](http://www.cdc.gov/swineflu). Further updates will be made available as necessary.