

April 27, 2009

Dear Parents:

Due to the evolving situation of swine flu spreading in parts of the United States and Texas, we want to share some information to help prevent illness in our schools.

The symptoms of swine flu are similar to the symptoms of seasonal influenza and include fever, lethargy, lack of appetite, and coughing. Some people with swine flu also have reported sore throat, nausea, vomiting and diarrhea.

If your child is ill with these symptoms, please keep him/her home and let your school's office and/or nurse know that your child has flu-like symptoms when calling in sick. Our nurses will be closely monitoring illnesses and will take any action that may be necessary to prevent the spread of illness. We further suggest that you contact your healthcare provider to discuss possible testing or treatment. There are medications that can be prescribed, however they need to be given within the first few days of the onset of symptoms.

There are several everyday things that we all can do to stay healthy.

1. Cover your nose and mouth with a tissue and dispose of tissue in trash can immediately
2. Wash your hands often with soap and water, especially when you cough or sneeze. Alcohol-based hand cleaners are also effective.
3. Avoid touching your eyes, nose or mouth.
4. Try to avoid close contact with sick people

Influenza is believed to spread among humans through coughing or sneezing of infected people. If you get sick, the U.S. Centers for Disease Control recommend that you stay home from work or school and limit contact with others to keep from spreading infections.

For further information, please go to www.cdc.gov .

Sincerely,
Tuloso Midway Health Services