

April 26, 2009

Dear Parents/Guardians,

As you are aware, the media has reported cases of an illness called Swine Flu. As we return to school after the spring recess when many families have been traveling, it is important to share information about what measures the district is taking regarding this latest health concern. Because this is an evolving issue, information is changing usually daily. Information in this letter is effective as of the above date. The district is in continuous contact with our school physician, Dr. Cindy Devore, as well as health department officials. Please rest assured that Dr. Devore has alerted our school nurses to monitor all students and staff for signs and symptoms of Swine Flu. School Nurses are very aware of the appropriate procedures for respiratory precautions as issued by the US Centers for Disease Control (CDC) and our local health department, and they are available to assist if you have questions or concerns.

The CDC on 4/26/09 explained Swine Flu as an acute respiratory illness caused by Influenza A. Though it normally occurs in pigs and their handlers, there is also a risk of person-to-person spread through direct contact with an infected person. The illness is characterized by classic flu symptoms including respiratory complaints such as cough, fever (100.4F or higher), chills, as well as sore throat, body aches, headache, fatigue, lethargy, and lack of appetite. Some people with Swine Flu have also reported runny nose, nausea, vomiting and diarrhea.

To date, there have been 20 confirmed cases of Swine Flu in the US of the same subtype as was found in Mexico. If you have traveled to Mexico, San Diego or Imperial County in California, it is important to monitor your children's and your health for about 10 days and seek evaluation from a physician should flu symptoms arise. Please partner with us to monitor your child's health by reviewing the CDC Fact Sheet Swine Flu fact sheet on the reverse side of this letter. As always, please remind your children of the importance of covering mouths and noses when sneezing or coughing, keeping hands away from their faces, disposing of tissues in a trash receptacle quickly, and **washing hands frequently and thoroughly**. Alcohol-based hand sanitizers are useful in disinfecting hands from Swine Flu when soap and water are not available. Also, if you have traveled to one of the above affected areas recently, please notify the school nurse so that we can help monitor the health of your children. Should symptoms surface, it is important you contact your private physician for evaluation. If your physician confirms a diagnosis of Swine Flu, we request that you notify the school nurse and provide a medical clearance for your son or daughter to return to school.

In matters like these, the CDC encourages that we ***ALL RELAX, NOT PANIC, AND*** use ***GOOD JUDGMENT***. I thank you for your help and understanding as we respond together to this challenge. I appreciate your patience and ***COOPERATION WITH OUR HEALTH STAFF***.