

SWINE FLU INFORMATION LETTER

APRIL 28, 2009

Dear Parents/Guardians:

As of April 27, 2009, the Center for Disease Control and Prevention (CDC) has reported 40 case of swine flu A (H1N1) virus infection in five U.S. States. According to the St. Louis Post-Dispatch (4-28-09), "There are no suspected cases of the illness in Missouri, and no increase in flulike symptoms among patients in general. In Illinois, seven people have been tested for swine flu but all tested negative, officials said."

As you already know, an outbreak of swine flu has caused the U.S. to issue a public health emergency. Although, as indicated above from the media, we do not have any known cases in our area, the Warren County R-III School District is doing everything possible to protect the health of our students and limit the spread of swine flu. Our school administration, nurses, teachers and staff are staying informed and monitoring the situation every day. I have included some information about ways to protect your child at home from contracting swine flu through good hygiene and health habits. If you would like more information you can call the County Health Department as well. Let me assure you that the health and well-being of our students is our top priority and we are doing everything possible to address this situation.

Missouri Department of Health Officials are reminding people to observe routine public health recommendations for preventing the spread of flu:

- Keep your child home from school if they are sick, and contact a health physician if the child exhibits flu-like symptoms.

- Instruct children to cover their mouth and nose with a tissue when coughing or sneezing. It may prevent those around your child from getting sick.

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

- Wash hands frequently to protect against germs. Wash with soap and water or clean with alcohol-based hand cleaner.

- Avoid touching eyes, nose or mouth. Germs are often spread when a person touches something contaminated with germs and then touches his or her eyes, nose or mouth.

- Practice other good health habits, Keep yourself strong – and more resistant to disease – by getting plenty of sleep, staying physically active, managing stress, drinking plenty of fluids and eating nutritious food.

- Please check the CDC web site (<http://www.cdc.gov/swineflu/>) frequently for updates and revised recommendations.

Sincerely,

Tom Jaeger, EdD

Assistant Superintendent:

Personnel & Human Resources

Warren County R-III School District