

Aug. 13, 2009

H1N1 INFLUENZA INFORMATION

H1N1 flu, previously called Swine flu, is a respiratory disease that originated in pigs. Although not typical, this virus has mutated and is now being transferred from human-to-human through coughing and sneezing or touching contaminated surfaces. The Center for Disease Control has determined that this virus is contagious and is spreading. The severity of illness may vary and at this time the only treatment is using ant-viral medication to decrease the symptoms and prevent complications.

SYMPTOMS:

- fever greater than 100 degrees
- body aches
- sore throat
- coughing
- respiratory congestion
- in some cases, diarrhea and vomiting

Anyone that becomes ill with these symptoms should contact their doctor for recommendations and remain at home.

PREVENTION MEASURES:

- wash your hands with soap and water or use an alcohol-based hand sanitizer often throughout the day
- avoid touching your eyes, nose, and mouth
- cough or sneeze into your elbow or use a tissue and properly dispose used tissues
- avoid sharing drinking containers or eating utensils
- children and adults who are ill should stay at home to avoid infecting others
- stay healthy by eating a balanced diet, drinking plenty of water and getting adequate rest and exercise

We will be stressing these prevention measures at school and encourage all parents to do the same at home. The school is receiving daily feedback from local and state officials and will update you as needed. Due to the fact that we are monitoring the amount of illness as well as symptoms in all of our schools we would appreciate a phone call if your child is home ill. We appreciate your efforts in keeping our community well.