

WCISD HEALTH SERVICES

4/28/09

Dear Parent or Guardian:

We would like to take this opportunity to inform you about the recent swine flu outbreak. The swine flu is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get the swine flu, but human infections can and do happen. The swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited. In late March and early April 2009, cases of human infection with the swine flu were first reported in Southern California and near San Antonio, Texas. At this time there are no cases of the swine flu in Hunt County. This swine flu outbreak has the potential to rapidly escalate and particularly has implications for school-age students and schools. At this time, we are recommending the following actions:

1. Do not let your child attend school if he/she has symptoms of the flu, particularly fever. Your school will make necessary arrangements to help your child make-up for any missed school days.
2. If anyone in your home is sick with symptoms of the flu, be sure that they receive medical care as you would during a typical flu illness.
3. Persons diagnosed with the swine flu are instructed to stay at home for 7 days after the start of the illness and until the fever is gone.
4. Wash your hands after being around a sick child, and keep sick children separated from healthy members of the family. Encourage everyone to cover their mouths and noses when coughing or sneezing.
5. **Frequent hand washing is the best preventive measure you can take to protect yourself against the swine flu.**

For additional information, contact the Centers for Disease Control at 1-800-CDC-INFO, or online at: <http://www.cdc.gov>. Attached is a question and answers form regarding the swine flu.

Sincerely,

Shannon Milton, RN
School Nurse
(903) 496-7333 ext. 32

