

April 30, 2009

Dear Winton Woods Families,

Recently, the media has focused our attentions on the Swine Influenza Respiratory Disease (Swine Flu). Swine Influenza (swine flu) is caused by type A influenza virus that regularly causes outbreaks of influenza in pigs. Although Winton Woods School District has not had any suspected or confirmed cases of swine flu, we do think it is important to share a few safety precautions to ensure our students and families remain as safe and healthy as possible.

The information below has been published by the Center for Disease Control as a national reference. Continue to check their website listed below for updated information:
http://www.cdc.gov/swineflu/swineflu_you.htm

How does swine flu spread?

Spread of this swine influenza A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Swine influenza viruses are not spread by food. You cannot get swine influenza from eating pork or pork products. Eating properly handled and cooked pork products is safe.

What can I do to protect myself/others from getting sick?

There is no vaccine available right now to protect against swine flu. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

What should I do if I or my child/family member gets sick?

If you live in an area where swine influenza cases have been identified and become ill with influenza-like symptoms, including **fever, body aches, runny nose, sore throat, nausea, or vomiting or diarrhea**, you may want to contact their health care provider, particularly if you are worried about your symptoms. Your health care provider will determine whether influenza testing or treatment is needed.

- If you, your child, or family members are sick, stay home and avoid contact with other people as much as possible to keep from spreading illness to others.
- Keep ill students home from school until the fever and/or flu symptoms have been absent for 24 hours.
- Please notify the school of your child's or family members' illness and symptoms.
- If you, your child, or family members become ill and experience any of the following warning signs, seek emergency medical care.

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

Thank you for your help in maintaining a safe and healthy community.

Sincerely,

Camille A. Nasbe, Ed.D.
Superintendent