



TO: Parents and Guardians
FROM: Sherry M. Vestal, RN – School Nurse Coordinator
SUBJECT: Swine Flu
DATE: April 29, 2009

As you are aware, health officials are confronting a challenging situation with the outbreak of swine flu across the United States and internationally. As a result of this situation, Henry County Schools' personnel want you to be aware of our emergency response plan for a pandemic outbreak (attached). We also want to share with you facts regarding swine flu from the Centers for Disease Control and Prevention.

If you should have questions or concerns, please contact me at 634-4753 or the local Health Department at 638-2311.

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What is swine flu? Swine flu is a respiratory disease that is spread person to person.
What are symptoms? Symptoms include: fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting. In the past, severe illnesses such as pneumonia and respiratory failure and death have occurred.
How is swine flu spread? The spread of swine flu is the same as seasonal flu which includes coughing, sneezing and touching areas where the flu virus is present (doorknobs, tables, desks, etc.)
How can someone with the flu infect someone else? A person may have the virus present in their body for up to 7 days without developing a symptom.
What should I do to keep from getting the flu? The most important way to prevent the spread of the virus is to wash your hands! It is also important that you try to stay healthy by getting proper rest, be physically active, eat a balanced diet, drink plenty of fluids and avoid contact with someone who is sick.

***Please take time to speak with your child/children about the virus and the importance of washing their hands, covering their mouth when they cough or sneeze and avoiding touching their eyes, mouth and nose.
If your child should develop symptoms, please keep them home from school and seek medical attention immediately!*