

# Swine Flu Update

April 29, 2009

To: SISD Students and Staff

This information is provided in order to answer any questions you may have regarding the recent Swine Influenza outbreak.

**At School:** There is a system in place to link schools with the Center for Disease Control (CDC) and the Texas Department of State Health Services (DSHS). They provide us with information and direction as needed. We are in direct contact with them. As of 4/28/09, 10am, all cultures from our region of Texas, are NEGATIVE for swine influenza.

**Working with Students and Families:** Please continue to advise and require hand washing with your students as you have in the past. If parents or community members have questions, tell them we are working with the CDC and DSHS and at this time and will notify them if any changes occur at the school district level. We will continue to monitor ill children and send them home with an elevated temperature.

Further information for educating your students, may be found at:  
[http://www.cdc.gov/germstopper/materials/home\\_work\\_school.pdf](http://www.cdc.gov/germstopper/materials/home_work_school.pdf).  
<http://www.cdc.gov/flu/protect/covercough.htm>.

## What are the symptoms of swine flu in humans?

The symptoms of swine flu in people are expected to be similar to the symptoms of regular human [seasonal influenza](#) and include fever (over 100 degrees), lethargy, lack of appetite and coughing. Some people with swine flu also have reported runny nose, sore throat, nausea, vomiting and diarrhea. All of the cases reported in the US have been mild to moderate.

## What can I do to protect myself from getting sick?

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, and to contact your physician.

**Resources:** The most reliable and current information is available at:  
<http://www.cdc.gov/swineflu/> or to

# Swine Flu Update

[http://www.dshs.state.tx.us/news/releases/swine\\_flu.shtm](http://www.dshs.state.tx.us/news/releases/swine_flu.shtm) . These represent the most up-to-date and most professional sources for information.

**What doesn't help:** Creating panic is counter-productive. The steps being taken by the CDC, DSHS and SISD are to prepare should things get worse. According to the CDC, there is no cause for alarm at this time. We will provide more information as it is made available. We appreciate your help in maintaining a calm and safe environment at school and within our community.

Donna Turner, R.N.

Director of Health Services

Shepherd ISD