

## EVERTON R-III SCHOOL DISTRICT

211 School Street  
Everton, Mo. 65646  
(417) 535-2221

Dear Parent, School Staff, and Students,

Yesterday, Mr. Adams and I attended a meeting held by the Dade County Health Department regarding the Swine Flu Outbreak. We would like to share that information with you. We are working closely with the Health Department. They will keep us well informed of the situation and provide us with any directions or guidance we should follow.

It is important that you keep yourselves aware of the ongoing situation and practice the preventative measures recommended by the CDC, State, and Local Health Agencies provided in the attached:

### **Fact Sheet regarding the Swine Flu**

**\*Please read this information and practice the preventative measures that it recommends.**

The school will be monitoring all students for signs and symptoms of flu-like illness. Students with Flu-like symptoms will be sent home. (See symptoms of swine flu on the Fact Sheet.)

**\*It is recommended that all individuals with Flu-like symptoms see a physician.**

We ask that if your child is sick with a fever or Flu-like symptoms do not send them to school. Keep them home and have them seen by a physician.

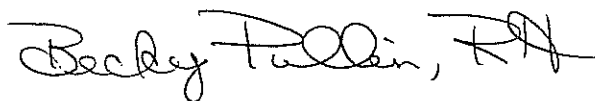
We also ask that you notify the school if you are keeping your child home due to illness and let us know their symptoms.

If your child is absent from school and we do not hear from you we will be calling you to ask about your child's condition.

The most important thing to remember about all flu illnesses is that you can be contagious to others a day or more before you ever have symptoms. This means you should practice preventative measures at all times whether you are sick or not or whether those around you seem sick or not.

**!!!Good Hand washing is the most effective way to prevent the Flu!!!**

Sincerely,



Becky Pullin, RN - School Nurse

# Swine Flu

## FACT SHEET

### **What is swine flu?**

Swine influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses. People do not normally get swine flu, but human infections can and do happen. In late March and early April, cases of human infection with H1N1 swine flu were reported in several countries and US states.

### **How is swine flu spread?**

Swine flu is spread like seasonal flu, when a person coughs or sneezes, sending contaminated respiratory droplets into the air where another person may inhale them. Sometimes people may become infected by touching a contaminated surface or object and then touching their own eyes, nose or mouth.

### **What are the symptoms of swine flu?**

The symptoms of swine flu are similar to the symptoms of seasonal flu and may include fever, cough, sore throat, body aches, headache, chills, runny or stuffy nose and fatigue. Some people have reported nausea, vomiting and diarrhea.

In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people. Like seasonal flu, swine flu may cause underlying chronic medical conditions to worsen.

### **Who is at risk for getting swine flu?**

Cases of swine flu have most commonly occurred in people who have direct contact with infected swine. People can also get sick from other infected people. A person who has swine flu may be able to infect other people one day before his/her symptoms develop to seven days after showing symptoms.

### **What is the best way to protect myself against swine flu?**

At this time the public is encouraged to protect themselves by following common sense, proven disease prevention methods, including—

- Frequent hand washing with soap and water,
- Keeping a distance of at least six feet from people who are sick, and
- Avoid touching your own eyes, mouth or nose.

Individuals who are sick are encouraged to protect the community by —

- Staying home while ill,
- Covering their cough or sneeze, and
- Avoid sharing personal items such as utensils, drinks or a toothbrush with family members.

### **What should I do if I develop symptoms of swine flu?**

People who develop flu-like symptoms AND have a history of recent travel to a location where cases of swine flu have been confirmed, or have had close personal contact with someone who has a confirmed case of swine flu, should contact their health care provider.

### **How is swine flu treated?**

Two antiviral medications are currently proving to be effective against the strain of swine flu currently circulating in the United States. However, antiviral medication may not be necessary for most people to recover from flu viruses. A decision can best be made by each individual's health care provider.

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