

FOX RIVER GROVE SCHOOL DISTRICT 3



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**Dr. Tim Mahaffy,
Superintendent**

"Educational Excellence is the Pathway to a Successful Future"

Date: April 29, 2009

To: Parents and Staff of School District 3

Re: Swine Flu

As many of you are aware, the cases of swine flu in Mexico and the United States have been prominent in the news this week. This news should not be a cause for alarm; however, it is important for everyone to be knowledgeable of the current available information. We want to make sure all of our families know the protocols the district follows in relation to health events, such as the swine flu. Swine flu is a strain of influenza that people do not have immunity to and current flu vaccines do not protect against. It is also important to know the precautions individuals can take to protect or minimize the infection of influenza.

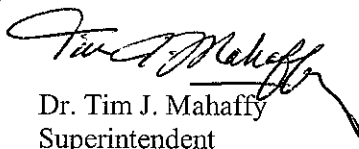
This letter is a follow-up to the information Mrs. Chamerlik sent out to you a few days ago. The District keeps in close contact with the McHenry County Department of Health, CDC and Illinois Department of Health on all communicable illnesses on a regular basis and will continue to do so in regard to the swine flu.

As of the news reports this morning, the United States is beginning to see more confirmed cases of the swine flu. As of this morning, there is one probable case in Chicago. The key to treatment is early identification and prompt medical attention. Due to the geographic spread of this illness, it is possible that it will affect Illinois and our area as well, so it is important that we use as many preventative measures as possible. Should there be any known confirmed cases of swine flu among our staff or students, we will notify parents and staff.

The cases of swine flu should not be a cause for panic, but does require a call for prudence. Please remember that prevention through regular hand washing is the best defense. Also, if an individual exhibits flu-like symptoms, it is advisable to seek evaluation by medical personnel. In addition, students who exhibit flu-like symptoms should not attend school.

Again, we will keep our parents, staff and community informed of any local developments of swine flu. Attached is further information about swine flu, prepared by and previously sent out by our School Nurse, Mrs. Chamerlik.

Sincerely,



Dr. Tim J. Mahaffy
Superintendent

District 3 – Influenza Bulletin

What is the Swine Flu?

The swine flu is a respiratory disease of pigs caused by the type A influenza virus. Typically, swine flu is transmitted to persons who have had direct contact with pigs; however, the most recent cases have been spread from person-to-person. You cannot get swine flu from eating pork.

Who can get influenza or the swine flu?

Influenza, and therefore, swine flu is spread through droplets that are transmitted in the air when someone sneezes or coughs. It is also possible to become infected by touching surfaces contaminated with the virus, and then touching your own nose or mouth.

What are the symptoms of influenza or swine flu?

The symptoms of swine flu in people are similar to the symptoms of seasonal human flu and include fever, cough, sore throat, body aches, headache, chills, fatigue, vomiting and diarrhea.

How can I prevent Influenza?

- Frequent hand washing with soap and warm water, especially after coughing or sneezing.
- Use hand sanitizers if soap and water is not available.
- Cover your nose and mouth with a tissue when you sneeze or cough, throw the tissue away and then wash your hands.
- Avoid touching your eyes, nose and mouth to reduce the spread of germs.

What can I do as a parent?

- Check your family for signs and symptoms of influenza (see above).
- Teach your children to cover coughs and sneezes with tissues or have them cough into the inside of their elbow. Be sure to set a good example by doing this yourself.
- Teach your children to stay away from people who are sick and to not share water bottles, utensils, cups, etc... with other people.
- Tell your school nurse what symptoms your child has (i.e. fever, cough, muscle aches, etc) so they can watch for other students having the same symptoms.
- Teach your children to wash hands consistently with soap and water for 20 seconds. Be sure to set a good example by doing this yourself. Use a hand sanitizer with 60% alcohol if soap and water are not available.
- Please keep students home from school while ill and adults should remain home from work to limit contact with others to prevent spread of illness.
- Notify the school nurse in your student's school if your child has been diagnosed with influenza.

What do I do if someone in my family gets sick?

The most important thing for you to do if you have symptoms of influenza is to contact your physician because early treatment is important.

During the period that a person has symptoms, especially fever, it is possible for them to spread the virus to those whom they have close contact with (for example, someone living with or caring for them). To help prevent transmission of the influenza virus, please stay at home until all symptoms resolve.

Where can I find additional information?

Centers for Disease Control and prevention (CDC): www.cdc.gov/swineflu/

Illinois Department of Public Health (IDPH): [www.idph.state.il.us/flue/swine flu.htm](http://www.idph.state.il.us/flue/swine%20flu.htm)

McHenry County Department of Health (MCDH): www.mcdh.info

If you have questions, please contact your healthcare provider.