

4/30/09

Parents:

As you know, we have recently learned that there are now two probable cases of Influenza A-H1N1 in Iowa. It seemed important and timely that we give you information about this rapidly spreading virus. It appears to have started in some cities of Mexico. As of today there have been cases identified in Arizona, California, Indiana, Iowa, Kansas, Massachusetts, Michigan, Nevada, NYC, Ohio and Texas.

**PLEASE DO NOT SEND YOUR CHILDREN TO SCHOOL IF THEY EXHIBIT THE FOLLOWING SYMPTOMS:**

The symptoms of Influenza A-H1N1 are similar to those of other seasonal flus and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with it. In the past (pneumonia and respiratory failure) and deaths have been reported with various strains of influenza. Like seasonal flu, H1N1 flu may cause a worsening of underlying chronic medical conditions.

**HOW IT IS SPREAD:**

Influenza A-H1N1 is spread from person to person through coughing, sneezing, or touching something infected with the virus and then touching the mouth or nose. Infected people may be able to infect others beginning one day before symptoms develop and up to 7 days after. You **cannot** get swine flu from eating pork products.

**PREVENTION:**

- 1. WASH YOUR HANDS, WASH YOUR HANDS, WASH YOUR HANDS!!!**
2. Avoid contact with ill persons
3. Try to stay in good general health.
4. Get plenty of sleep.
5. Drink plenty of fluids and eat healthy food (fruits, vegetables etc.)
6. Try not to touch surfaces that may be contaminated with the flu virus.
7. When you have been in public, wash your hands frequently and thoroughly using soap and warm water and massaging your hands for at least 15-20 seconds. When soap and water are not available, use alcohol based hand sanitizers and massaging your hands until dry.

**WHEN ILL:**

- 1. STAY HOME!!! Do not go to school, work or travel until symptoms are gone.**
2. Avoid contact with other people as much as possible to keep from spreading your illness to others.
3. Phone your Dr. if you suspect you may have swine flu. **Do not go to the Dr's office** and risk exposing others. Your Dr. will determine whether influenza testing or treatment is needed.

*Jan Slick  
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