

April 29, 2009

Dear Parents,

Infection with a new flu virus, referred to as “swine flu,” has been reported in the U.S. and several other countries, including Mexico. It is important to know, however, that there are no confirmed cases in Delaware at this time. Over the past week the situation has been rapidly changing around the world.

At this time of year, the flu season is ending but there are still some cases. This is normal. The symptoms of swine flu are expected to be similar to the symptoms of regular human seasonal flu. Symptoms include fever, feeling tired, not feeling hungry and coughing. Some people with swine flu have also reported runny nose, sore throat, nausea, vomiting and diarrhea. In some cases, flu can result in serious illness and even death. The Centers for Disease Control (CDC) and the Delaware Health and Social Services’ Division of Public Health are encouraging the public to help reduce the spread of all infection.

Therefore, we want to remind you about ways you can protect your family and help the school community from becoming ill:

- Keep children who are sick at home; do not send them to school.
- Teach your children to wash their hands frequently with soap and water for 20 seconds. Be sure to set a good example by doing this yourself.
- Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow. Again, set a good example by doing this yourself.
- Teach your children to stay away from people who are sick.
- People who are sick should stay home from work or school and avoid other people until they are better. This includes going out to restaurants and shopping when sick.
- Please contact your primary healthcare provider immediately if you have
  - o Traveled to Mexico or parts of the U.S. where the swine flu has been confirmed, have had contact with anyone known to have swine flu, or have been in close contact with someone who traveled to one of the areas with swine flu, AND
  - o Have flu symptoms of fever or difficulty breathing.

For more information on the swine flu and prevention, visit the CDC website at <http://www.cdc.gov/swineflu/> or call the Delaware Health and Social Services’ Division of Public Health at (302) 744-4700 or 1-888-295-5156. In addition, please use the district’s website for any new information.