

April 30, 2009

Dear Partners in Learning,

During the course of the past week, there has been much attention in the media regarding the Swine Flu. As a result, the Swedesboro-Woolwich School District would like to provide the following informational advisory. Please note that there are no cases of the Swine Flu in our school district.

What is Swine Flu?

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza (H1N1) viruses that causes regular outbreaks in pigs. People do not normally get swine flu, human infections can and do happen. Usually, this transmission from person to person has been limited.

Is this swine influenza (H1N1) virus contagious?

Yes, the virus is contagious. Flu viruses are spread mainly from person to person through coughing or sneezing. Sometimes people may become infected by touching something with flu viruses on it and then touching their eyes, mouth or nose. People should be considered potentially contagious as long as they are symptomatic and possibly for up to 7 days following illness onset. Children might potentially be contagious for longer periods.

What are the signs and symptoms of swine flu in people?

The symptoms of swine flu are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions. **As per the parent handbook, page 27, should their child have these symptoms, parents are reminded that they should keep their child home.**

How do we keep from getting the flu?

- Wash hands often with soap and warm water
- Cover your nose and mouth with tissue when coughing or sneezing. Throw tissue in trash.
- Avoid touching your eyes, nose or mouth. Germs spread this way
- Try not to touch contaminated surfaces
- Avoid close contact with people who are sick

As a district, we encourage the students and staff to practice good hand-washing techniques and to wash their hands often. Custodians are doing their part to keep our schools clean. Please follow up at home as well, so we can keep all of our students healthy. Thank you for your cooperation and understanding.

For more information, please visit our district's website www.swedesboro-woolwich.com for a direct link to more comprehensive information.

Sincerely,

Mrs. Barbara Buchenhorst, School Nurse
Mrs. Lisa Horvath, School Nurse
Mrs. Marilee Beshada, Nurse
Mrs. Daria Roat, School Nurse