

April 30, 2009

Dear parent:

In the past few days, the news media has made the public aware of the confirmed and suspected cases of the swine flu, which now includes suspected cases in our area. Our district is working with Public Health to monitor the situation. We are following their guidelines for response.

At this time, school operations are normal. Events and activities will take place as planned. If recommendations from Public Health change, we will notify you.

We have asked custodial staff to step up their cleaning efforts. However, frequent hand washing is the most effective way to prevent transmission of the flu virus.

Per Public Health guidelines, students who do not have symptoms are not to be excluded from school, even if they have recently travelled to a location where there are cases.

We do advise you to keep home any student who has flu-like symptoms including a fever over 100 degrees. The symptoms of swine flu in people are expected to be similar to the symptoms of regular human seasonal influenza and include fever, lethargy, lack of appetite and coughing. Some people with swine flu also have reported runny nose, sore throat, nausea, vomiting and diarrhea. If you have any concerns, contact your health care provider.

For more information about the swine flu advisory, please consult the Center for Disease Control (CDC) web site at <http://www.cdc.gov/swineflu/> or Public Health – Seattle and King County at <http://www.kingcounty.gov/healthservices/health/preparedness/pandemicflu/swineflu.aspx>.

The CDC recommends the following measures to reduce the spread of viruses. Please remind your students as well:

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- Stay home when you are sick. If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. If a tissue is not available, cough or sneeze into the crook of your arm. Always, immediately wash your hands afterward.

- Washing your hands often will help protect you from germs.
- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Thank you for your attention to this information. We will communicate with all parents whenever we receive additional instructions from Public Health.

Sincerely

A handwritten signature in black ink that reads "Janene Fogard". The signature is written in a cursive, flowing style.

Janene Fogard
Deputy Superintendent