



Education Center
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April 29, 2009

Dear Parent(s) and Guardian(s):

We have learned today that there is one confirmed case of Swine Flu in Arizona; we DO NOT have any cases within our SUSD schools.

For more information, you can visit these sites:

- **For preparedness information, <http://www.wearepublichealth.org>**
- **For information about Swine Flu, <http://www.cdc.gov/swineflu/>**
- **For information about Swine Flu & how affecting AZ, <http://www.azdhs.gov>**
- **To follow on Twitter - <http://twitter.com/Maricopahealth>**

We are posting this message along with information about good hygiene practices as a way to prevent the spread of Swine Flu and other illnesses.

As many people have heard in the media, symptoms of the Swine Flu are like those of any other flu strain. They include fever, muscle aches, fatigue and coughing; they may also include vomiting and diarrhea.

It is important to take precautions and to follow the Center for Disease Control and Prevention (CDC) guidelines to ensure a safe and healthy school environment. The first few days are when the virus is most contagious. Here are some guidelines to help prevent the spread of this virus:

- ◆ Cover your coughs and sneezes with your hand or a tissue.
- ◆ Wash hands frequently and thoroughly.
- ◆ Avoid close contact that can spread the virus: hugging, kissing or even shaking hands if you think you are sick.
- ◆ If you are sick, please consult a health care provider and **stay home**.

Early treatment of suspected cases is important. We encourage you to be vigilant in watching for signs and symptoms. If you think you or your child may be sick, call your health care provider.

For more information about Swine Flu, you can visit the Maricopa County Public Health Swine Flu hotline at https://maricopa.gov/pr_detail.aspx?releaseID=1075 or 602-263-8856 or you can visit the CDC's Web site at <http://www.cdc.gov/swineflu/>.

If you have more questions, please contact your school nurse or your family's health care provider. As you know, all SUSD school nurses are licensed Registered Nurses (RNs), and they work each and every day to promote good health habits.

Sincerely,

Dr. Gary T. Catalani
Superintendent

