

April 27, 2009

Dear Parent(s) and Guardian(s):

Although at this time, there are NO confirmed cases of Swine Flu in Arizona or within any of the SUSD schools, as a measure of prevention, we are posting information today about the Swine Flu outbreak.

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.

Again, as of this morning, there are no cases in Arizona. However, 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, consult a health care provider and **stay home** – do not go out in public.

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 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

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