

August 27, 2009

### **What can I do to keep from getting the H1N1 Virus?**

Flu viruses spread from person-to-person mainly through coughing or sneezing of a sick person. Everyday actions that you can teach your children and do yourself to help prevent the spread of germs include:

- Wash your hands frequently with soap and water for at least 20 seconds.
- Cough and sneeze into a tissue or into the inside of their elbow and properly dispose the tissues.
- Stay at least 6 feet away from people who are sick.
- Individuals who are sick should stay home from school, daycare and work and stay away from other people until they are better.
- In communities where H1N1 (swine) influenza has occurred, stay away from common areas such as shopping malls and movie theaters.

### **What to do if your child is sick?**

- Unless they need medical attention, keep children who are sick at home. Do not send them to school or daycare.
- Have them drink a lot of liquid (juice & water).
- Keep the sick child comfortable. Rest is important.
- For fever, sore throat and muscle aches you can use fever-reducing medicines.
- If someone in your home is sick, keep them away from those who are not sick.

Dear EM-S ISD Parents and Guardians,

Student safety and health is a top priority for Eagle Mountain-Saginaw ISD and we are committed to taking the necessary steps to protect our students. At the end of the 2008-2009 school year there was an enormous amount of media coverage regarding the H1N1 (swine) influenza and its potential to spread rapidly. This newsletter is designed to provide you with updated information regarding H1N1 prior to the flu season.

H1N1 (swine) influenza is a new influenza virus causing illness in people. The new virus was first detected in people in the United States in April 2009. This virus is spreading from person-to-person, probably in much the same way that the regular seasonal influenza virus spreads. Young people, pregnant women, and people with chronic diseases like asthma, diabetes, or heart disease may be at higher risk for complications from this infection.

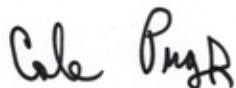
Due to our population density, school district communities are susceptible to the spread of illness. We ask you to be more conscious of your health habits and those of your family members throughout the school year; especially during flu season.

The symptoms of H1N1 (swine) influenza in people are similar to the symptoms of seasonal flu and include:

- Fever
- Cough
- Sore Throat
- Runny or Stuffy Nose
- Body Aches
- Headache
- Chills
- Fatigue
- Nausea, vomiting and fatigue

If students, family members, faculty and/or staff experience any of the symptoms of the H1N1 (swine) influenza they should call their personal healthcare providers for guidance regarding evaluation and treatment. The district will continue to take precautionary measures to ensure the safety of our students, staff and the community. EM-S ISD officials will continue to monitor the situation in the district prior to and during the flu season. If you would like more information about H1N1 (swine) influenza, please visit <http://www.cdc.gov/swineflu/>

We appreciate your continued support.



Cole Pugh, Ed.D  
Superintendent of Schools