

Dear Parents /Guardians

As you are aware there have been confirmed cases of H1N1 Swine Flu reported in Washington. Our school works closely with local, state and national health agencies to investigate any illnesses and/or infections.

H1N1 swine Flu in people is characterized by fever (100 degrees or more), sore throat, cough, body aches, headaches, chills, and fatigue. The illness may last up to seven days, but people are considered to be contagious as long as symptoms persist. If you or your child have mild flu-like symptoms, monitor and telephone your physician to consult if necessary.

We want to remind parents of the importance of prevention and how to stay safe.

What you can do to prevent the spread of H1N1 Swine Flu:

- Sneeze or cough into a tissue, elbow, or sleeve. Throw the tissue in the trash after use.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol based hand sanitizers are also effective.
- Avoid touching your eyes, nose or mouth. Germs can be spread that way.
- If you are sick, stay home.

Symptoms of H1N1 Swine Flu:

- Fever 100 degrees or more, cough, sore throat, body aches, headache, chills, fatigue.
- Please remember that students should stay home when they have any of the above symptoms.

For more information on H1N1 Swine Flu please visit the Health Services page of the WVSD website at www.wvsd.com. If you have further questions, please do not hesitate to contact us.

Sincerely,

Gary Neal
Principal, West Valley High School