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Dear Parents:

In an attempt to keep you advised on the most current information on seasonal and swine flu, please take a few moments to read this and post it somewhere in your home where it may be helpful. You may also be receiving more information at a later date through us from the Alabama Department of Public Health (ADPH).

Let me begin by saying we have had several cases of the flu at our school and I am sure we will have more cases. Most physicians and clinics are no longer conducting specific tests for swine flu. At this point, per Dr. Williamson with the ADPH, it is not as important as to whether it is the regular flu or swine flu, but that medical attention is sought for any flu-like symptoms. Those symptoms may include a fever of 100.3 degrees or higher, cough, sore throat, profound body aches, chills, headache, and fatigue. If you or any family members experience any of these symptoms, please see your doctor or health care provider for early treatment.

The ADPH and CDC recommend voluntary vaccination of both the seasonal flu and H1N1 when it becomes available. Until that time, everyone should practice good protective measures at home and at school:

- Cover your cough or sneeze with a sleeve or tissue, not your bare hand.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based cleaners are also effective.
- Avoid touching your mouth, eyes and nose with your hands.
- Stay at least six feet away from anyone who is sick.
- Clean and disinfect any contaminated surfaces.
- Update stockpiles of food, water and medications

Persons with flu-like symptoms should stay home from work or school and limit contact with others to avoid infecting them. Those persons should remain at home until 24 hours after their last fever without medication. Anyone experiencing severe symptoms such as difficulty breathing should seek health care and treatment.

You may check the ADPH website for updates at www.adph.org.