



**Riverside Public School
District 96
63 Woodside Road
Riverside, Illinois 60546
www.district96.org**

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April 29, 2009

Dear Parents,

This letter will provide you with information about the H1-N1 virus aka swine flu. Public health officials tell us that this virus is transmitted by person to person contact, like coughs and sneezes.

There is no vaccine to protect humans against H1-N1 swine flu. Because this is a new strain, seasonal flu shots do not protect people, so good hygiene is important to help prevent the spread of germs. The influenza is spread by coughing, sneezing and unclean hands. The Centers for Disease Control & Prevention (CDC) recommends:

- Cover your nose and mouth with a tissue when you cough or sneeze.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Put used tissues in the trash.
- Clean your hands after coughing or sneezing. Wash with soap and water or with alcohol-based hand cleaner.
- Avoid touching your eyes, nose and mouth.
- If you get sick, stay home from work or school, and limit your contact with others to keep from infecting them. Adults should not leave home until 7 days after symptoms begin; children should stay home 10 days after the onset of illness.
- People cannot get swine flu from pork or pork products.

If you suspect your child has influenza, call your pediatrician. Antiviral medication, if taken soon after infection, can shorten the duration of the illness. These medications are effective against swine flu.

Additional resources:

For Parents:

- Key Facts About Swine Flue (CDC)
- The CDC updates its page on swine flu daily at 3 p.m. (eastern) during the course of the outbreak
- Traveler's Health Precautions (CDC)

For Child Care Programs and Schools:

- Preventing the Flu – Strategies and Resources for Child Care Providers and Out-of-Home Caregivers
- Outbreaks, Epidemics and Other Infectious Disease Emergencies, an excerpt of "Managing Infectious Diseases in Child Care and Schools: A Quick Reference Guide, 2nd Edition" (Copyright ©2009 American Academy of Pediatrics). To order a copy of this book visit the AAP Bookstore.
- Stopping the Spread of Germs at Home, Work & School (CDC)
- Pandemicflu.gov

Please contact your school nurse or building principal with any questions.

Sincerely yours,

Dr. Jon Lamberson
Superintendent of Schools

Ms. Geanna Chapp
Nurse Team Leader

**A.F. Ames School
86 Southcote Road
Riverside, IL 60546
60546
447-0759**

**Blythe Park School
735 Leesley Road
Riverside, IL 60546
447-2168**

**Central School
61 Woodside Road
Riverside, IL 60546
447-1106**

**Hollywood School
3423 Hollywood Avenue
Riverside, IL 60546
485-7630**

**Hauser Jr. High
65 Woodside Road
Riverside, IL
447-3896**