



Important Update on H1N1 (Swine Flu)

Dear Parents and Guardians:

Health institutions in our state and community have begun reporting suspected and confirmed cases of the H1N1 (Swine Flu). While the number of cases is relatively low at this time, the virus is projected to significantly impact more people later this fall.

H1N1 is considered a pandemic, an influenza virus which spreads on a worldwide scale and infects a large portion of the population. St. Vrain has already experienced several suspected cases and one confirmed case of H1N1. The individual who was confirmed is now healthy and back at school.

Here's what you can do as a parent and community member:

- Take time to review the precautions and discuss them with your child
 - *Wash hands often with soap and water*
 - *Cover your nose and mouth when you cough and sneeze*
 - *Avoid touching your eyes, nose or mouth*
 - *Avoid contact with sick people*
 - *If you or your child get sick, stay home from work or school*
- Understand the symptoms of H1N1
 - *Fever*
 - *Headache*
 - *Cough*
 - *Chills*
 - *Fatigue*
 - *Sore throat*
 - *Body aches*
 - *Possible diarrhea and/or vomiting*
- Create a plan ahead of time to address the logistics of missing work to care for a sick child
- Get vaccinated against seasonal flu, and also H1N1 when vaccines become available

If you have questions related to the impact of H1N1 at your student's school, please contact the school and ask to speak with the individual designated as the school's staff lead for H1N1. More information is available on the District website: www.stvrain.k12.co.us.

Thank you in advance for taking the above-mentioned precautions and helping to minimize the spread of H1N1.

08/27/09