



Inspiring Today's Students To Meet Tomorrow's Challenge

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SWINE FLU: What You Can Do to Stay Healthy

Public health officials in Oregon are stepping up surveillance for a new strain of influenza known as Swine Flu, after cases were confirmed in ten U.S. states, including California and Nevada. **Currently, there are no known suspected or confirmed cases of this virus in Oregon and no known cases of pig to human transmission in the United States.**

Illness caused by this new strain of flu has the same symptoms as illness caused by other strains of flu including fever, lethargy, lack of appetite, coughing, runny nose, sore throat, nausea, vomiting, and diarrhea.

The District has existing procedures regarding excluding students who may have a communicable disease. These measures are to ensure the health and safety of both students and staff. In regards to flu-like symptoms, please keep your child home from school if he or she have a fever greater than 100.5 degrees or two or more of the following:

- sore throat
- cough
- aches and pains
- vomiting
- diarrhea

There are everyday actions people can take to stay healthy.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. *Cough into your elbow if you do not have a tissue.*
- Wash your hands often with soap and warm water for 20 seconds, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose, or mouth. Germs spread that way.
- Avoid sharing drinks, water bottles, eating utensils, and writing tools.

Try to avoid close contact with sick people.

- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- If you get sick, Center for Disease Control (CDC) advises you stay home from work or school and limit contact with others to keep from infecting them. Protecting against disease is a community responsibility. Be respectful and safe.

*If you have questions about the health of your child,
contact your health care provider.*

Reference: www.cdc.gov/swineflu

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