

**Parent Message: Swine Flu Update #1**  
**Monday, April 27, 2009**

The Centers for Disease Control and Prevention (CDC) has reported at least 40 human cases of swine influenza A (H1N1) virus infection in the United States. The MN Department of Health (MDH) has increased surveillance including testing of patients who are being evaluated for influenza-like illness. So far, no confirmed or suspected cases have been detected in the state.

MDH is not recommending any school closures at this time. We want you to be aware of several steps we are taking at the advisement of MDH and the U.S. Department of Education.

Administrators and staff will be observing students for any flu-like or upper respiratory symptoms (fever, cough, chills and body aches), and will direct anyone exhibiting these symptoms to the school nurse.

We also recommend you emphasize basic infection prevention measures with your child, including:

1. Keep your child home if they are sick, and contact your health physician if your child exhibits flu-like symptoms.
2. The best defense is frequent hand washing (with soap or alcohol-based hand sanitizer).
3. Avoid touching eyes, nose or mouth with hands. Germs spread this way.
4. Cover coughs and sneezes with a tissue or shirt-sleeve.
5. Practice good health habits. Get plenty of sleep, be physically active, drink fluids and eat nutritious food.

The situation with swine flu is rapidly evolving and we expect more information will be forthcoming. For the latest information, check the following web sites:

<http://www.cdc.gov/swineflu/> or  
<http://www.health.state.mn.us/divs/idepc/diseases/flu/swine/index.html>