

April 30, 2009

Dear Students, Families, and Staff:

As you are aware there have been confirmed cases of Swine Flu reported across the United States in the last few weeks. Our school works closely with local, state, and national health agencies to investigate any illnesses and/or infections.

Swine Flu in people is characterized by fever (100° or more), sore throat, cough, body aches, headaches, chills, and fatigue. The illness may last up to seven days, but people are considered to be contagious as long as symptoms persist. If you or your child have mild flu-like symptoms, monitor and telephone your physician to consult if necessary.

We want to remind parents and staff of the importance of prevention and how to stay safe.

**What You Can Do To Prevent the Spread of Swine Flu:**

- Sneeze or cough into a tissue, elbow or sleeve. Throw the tissue in the trash after use.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol based hand sanitizers are also effective.
- Avoid touching your eyes, nose or mouth. Germs can be spread that way.
- If you are sick, stay home.

**Symptoms of Swine Flu:**

- Fever (100° or more), cough, sore throat, body aches, headache, chills, fatigue.

Please remember that students should stay home when they have any of the above symptoms.

Since Tuesday, we have updated our Enumclaw School District website on a regular basis with important information and helpful links. I encourage you to use the website to keep apprised of information regarding the Swine Flu. I will continue to post current information on our site at [www.enumclaw.wednet.edu](http://www.enumclaw.wednet.edu). You will find links to the U.S. Center for Disease Control, Washington State Department of Health, King County Health Department, as well as links to key facts and additional information.

If you have any further questions, please do not hesitate to give us a call at school.

Sincerely,



Mike Nelson  
Superintendent