

Sweeny Independent School District

April 28, 2009

As of this update there are no reported cases of Swine Flu in Brazoria County. The school district is following the recommendations of state and local health departments and our campus-based nurses are closely monitoring students.

To help safeguard your family, please note symptoms of swine flu, which may include fever, headache, chills, body aches, fatigue, dry cough, sore throat and nasal congestion. Symptoms may also include nausea and vomiting.

SISD campus nurses and teachers are reminding students of daily hygiene practices and strategies. We ask that you do the same, and take extra precaution to:

- Wash hands often with soap and water, especially after coughing or sneezing. If you are not near water, use an alcohol-based hand cleaner.
- Cover your nose and mouth with a tissue when you cough or sneeze, or sneeze into the crook of your arm.
- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick as well.
- Stay home from work, school and social gatherings if you get the flu.
- Keep your hands away from your eyes, nose or mouth. Germs spread rapidly this way.
- Stay informed with the facts.
- Please seek medical attention if your child or other members of your family display flu-like symptoms.

Should any of your family members be diagnosed with Swine Flu, please notify your child's school as soon as possible.

For additional information about Swine Flu visit the following websites:

www.cdc.gov

www.pandemicflu.gov

www.dshs.state.tx.us