



COLLETON PREPARATORY ACADEMY

POST OFFICE BOX 1426, WALTERBORO, SC 29488

(843) 538-8959 • FAX (843) 538-8260

www.colletonprep.org

April 27, 2009

To: Colleton Prep Faculty, Staff and Parents

Memo: Re: Swine Flu

As many of you have heard on the news, President Obama has declared a public health emergency due to the swine flu outbreak. This is done to be able to free up the stores of flu drugs to be widely available to physicians. There have so far been only 20 reported cases of swine flu in the US, in California, Kansas, New York City, Ohio, and Texas.

The Center for Disease Control is asking us to be vigilant and has important information on swine flu on their website, www.cdc.org. We highly recommend that you visit this website for the facts about the situation, recognizing symptoms, and tips on keeping healthy.

What is swine flu and what are the symptoms? According to the CDC, swine flu is a respiratory disease of pigs caused by type A influenza viruses. People don't normally get it, but human infections can and do happen. Then the virus can spread from person to person. The symptoms of swine flu are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting.

What can I do to prevent getting sick? While there is no vaccine available right now to protect against swine flu, there are everyday actions that can help prevent the spread of germs. Take these steps everyday to protect your health:

1. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
2. Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
3. Try to avoid close contact with sick people.
4. If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
5. **DO NOT** send your child to school with a fever. If you or your child presents flu-like symptoms, you should see your doctor as soon as possible.

Colleton Prep's cleaning crew will continue to use a germ fighting spray in the classrooms, etc. as they clean. We hope that this information will be helpful to you.

Practice good health habits!

Colleton Prep Academy