

Swine Flu Update

With all the information in the news about swine flu, St. Mark School would like to assure our families and students that we are staying up to date on the virus and have taken steps to ensure we are prepared if any cases occur in our school.

As of April 30, 6 probable cases of swine flu have been diagnosed in Washington State. For the latest information visit the CDC website: cdc.gov/swineflu

What are the symptoms of swine flu?

The symptoms of swine flu in people are similar to the symptoms of seasonal flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people with swine flu also reported diarrhea and vomiting. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people. Similar to seasonal flu, swine flu may make chronic medical conditions worse

If your child has flu-like symptoms

If you have flu-like symptoms, please take precautions not to infect others—especially if you have recently traveled to Mexico or elsewhere outside the United States. Students who have flu-like symptoms must:

1. Stay home from school until you have been symptom-free for 24 hours.
2. Be tested for the flu virus and cleared to return to work by your personal physician or by Employee Health and Wellness.

Flu shots

We are uncertain if the current flu vaccine may provide some protective immunity against swine flu. We do, however, continue to see sporadic cases of non-swine flu, so if you have not received a flu shot in the past year, you are encouraged to visit your physician to get one.

Take action to stay healthy

The CDC encourages everyone to follow these simple precautions 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.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth to prevent the spread of germs.

Resources

The CDC has a variety of resources on swine flu:

- cdc.gov/swineflu
- cdc.gov/swineflu/whatsnew.htm
- cdc.gov/swineflu/swineflu_you.htm
- cdc.gov/swineflu/guidance_homecare.htm
- cdc.gov/swineflu/casedef_swineflu.htm
- cdc.gov/swineflu/recommendations.htm

You can also visit the Washington Department of health website:
www.doh.wa.gov/swineflu/default.htm

And the King County Public Health website:
www.kingcounty.gov/healthservices/health.aspx

We will provide updates when notable, new information becomes available.