

**FROM THE OFFICE OF THE SUPERINTENDENT
NIPPERSINK S.D. #2/RICHMOND-BURTON S.D. #157**

April 30, 2009

Parents/Guardians:

This message is a necessary precaution to inform parents and guardians of general information concerning Swine Influenza (swine flu).

There has **NOT** been a confirmed case of Swine Influenza in our schools at this time.

However, as a preventive measure, school officials ask that if your child becomes ill with flu-like symptoms, he/she should remain home from school. You will find additional information pertaining to recommendations for infection control in schools on the district website.

We also ask that you immediately notify your child's school office of your child's absence.

If you suspect your child may have the flu, please contact your health care provider. The symptoms of swine flu are similar to the symptoms of regular human flu and may include the following:

Fever

Sore Throat

Headache

Cough

Body aches

Chills and Fatigue

There are routine actions that can help prevent the spread of germs. Students are encouraged to take these everyday steps to protect their health:

If you have to cough or sneeze, don't do it in your hand. Use a Kleenex or cover your mouth with your sleeve.

Try to avoid touching your eyes, nose and mouth.

Wash hands often with soap and water.

Students are also encouraged to tell a parent or guardian immediately if they feel sick at home. Remember to ask your child if he or she feels feverish, has the chills, feels achy or coughs a lot. If a student feels sick at school, he or she needs to go to the office immediately and let the school know so that you can be notified.

We will continue to work with the McHenry County Department of Public Health to closely monitor any unusual patterns of illness and will provide updates as necessary.

Additional information can be viewed at:

www.MCDH.info

www.cdc.gov/swineflu/investigation.htm

www.idph.state.il.us

Thank you for your cooperation and assistance in this regard.

Dr. Dan Oest, Superintendent