



April 29, 2009

Dear Parents:

Due to the continued discussion in the community and coverage by the media, we wanted to share with you information related to the swine influenza that has been provided by the Tarrant County Health Department and the Center for Disease Control. As with any illness, we encourage you to take your child to your family physician to be evaluated if they exhibit related symptoms.

The symptoms of swine flu include fever, cough and runny nose, and possibly other symptoms, such as body aches, nausea, or vomiting or diarrhea. Anyone experiencing these symptoms should contact their family physician/health care provider. Your health care provider may prescribe antiviral medication and other treatment. Your health care provider will determine whether influenza testing is needed.

As with any infectious disease, Tarrant County Public Health along with its regional, State and national partners recommends people take these measures:

- * Cover your nose and mouth with a tissue when you sneeze or cough. 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 hand cleaners are also effective.
- * Avoid touching your eyes, nose or mouth. Germs spread that way.
- * Try to avoid close contact with sick people.
- * If you get sick, the U.S. Centers for Disease Control and Prevention (CDC) recommends that you stay home from work or school and limit contact with others to keep from infecting them.

If your family is currently uninsured, a JPS School-Based Clinic is available to you in the district. Contact the MISD JPS Clinic for an appointment at 817.548.2315.

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Director of Health Services, Mansfield ISD