



RE: Information regarding H1N1 (Swine Flu)

April 30, 2009

Dear Parent/Guardian:

Many of us are hearing information regarding the infection with H1N1 (Swine Flu) that is occurring in the United States, Mexico, and other parts of the world. State officials, led by the Wisconsin Department of Health Services (DHS), have been monitoring the illness and continue to observe this situation very closely.

State officials have reported that three probable cases of H1N1 (Swine Flu) have been found in Wisconsin. Two cases were found in the City of Milwaukee—one adult and one child—and a third case in Adams County.

H1N1 (Swine Flu) is a new virus that has not been identified previously in people, and viral person-to-person transmission appears to be occurring. H1N1 (Swine Flu) is thought to be spread via person-to-person contact through contaminated air droplets from coughing and sneezing from an infected person. The virus is not spread by food including pork or pork products. Eating properly cooked and handled pork products is safe.

The symptoms of human H1N1 (Swine Flu) are similar to the regular seasonal influenza and include:

- Fever
- Headache
- Dry cough and sore throat
- Nasal congestion
- Body aches and/or tiredness
- In some cases, nausea and diarrhea

In some situations, the virus can develop into pneumonia. It is believed that the seasonal influenza vaccine does not provide protection against H1N1 (Swine Flu).

Good hygiene practices to decrease the spread of H1N1 (Swine Flu) include:

- cover all coughs and sneezes,
- washing hands frequently and especially after coughing, sneezing, and blowing one's nose,
- avoid touching of nose, mouth, and eyes, and
- proper disposal of all contaminated tissues.
- more information can be found at <http://www.cdc.gov/flu/swine/index.htm>

The school district is in communication with La Crosse County public health officials and is following public health directives. If your child is ill with a fever and respiratory symptoms, we would recommend that you keep your child at home and, if necessary, contact your physician.

We will continue to keep you informed as this situation develops through the media or letters.

Sincerely,

Handwritten signature of Gerald R. Kember in black ink.

Gerald R. Kember
Superintendent

Handwritten signature of Lynda Narish-Johnson in black ink.

Lynda Narish-Johnson
Coordinator of School Nursing

[Click here to visit the School Health Services website for further information](#)

Qhia Txog: Tus Kab Mob H1N1 (Swine flu)

Lub 4 Hlis Ntuj Tim 30 Xyoo 2009

Tsoom Naim Txiv/Tus Saib Xyuas Menyuum:

Peb sawv daws coob leej ntau tus twb yeej tau hnov txog tus kab mob uas muaj npe tias H1N1 (Swine Flu) uas yog muaj nyob rau ntawm tej npua tab sis nws kuj kis tau rau tib neeg. Tab sim no tus kab mob no tab tom tshwm sim nyob rau teb chaws Ameslivkas, teb chaws Mev, thiab lwm qhov chaw. Tsoom nom tswv loj nrog rau xeev Wisconsin qhov caw ua hauj lwm saib xyuas kev noj qab haus huv (DHS), twb yeej los xyuas txog tus kab mob mo thiab yuav nrog ntsuam xyuas qhov teeb meem no mus.

Raws li neeg tau qhia rau tsoom fwm, nws tau muaj 3 tug neeg uas tau mob, tej zaum yog raug tus kab mom H1N1 (Swine Flu) nyob hauv xeev Wisconsin no. Ob tug neeg mob nyob rau lub zos Milwaukee – ib tug neeg laus thiab ib tug menyuum. Tus peb yog nyob rau hauv Adams County.

Tus Kab Mob H1N1 (Swine Flu) yog ib tug kab mob tshiab uas yeej tsis tau tshwm sim dua rau tib neeg, thiab raws li qhov paub thiab tshwm sim mas yog neej kis rau neeg tam sim no. Tus Kab Mob H1N1 (Swine Flu) xam maj muaj peev xwm kis ib tug rau ib tug thaum muaj ib tug mob es tus mob ntawd nws hnoos thiab txham. Tus mob no tsis yog kis los ntawm tej nqaij npuas. Tabsis, yog noj tej nqaij npuas yuav tau ntxuav kom huv haus kom siav siav.

Thaum mob lawm tus kab mom H1N1 (Swine Flu) no nws yeej txawv tsis ntau li tej mob khuab tuas uas sawv daws pheej niaj hnuab muaj xwb li, yuav ua rau nej:

- | | |
|------------------------------|--|
| * Kub tau hau | * Txhaws ntswg |
| * Mob tau hau | * Mob ib ce thiab ua rau yus nkees heev |
| * Qhua qa thiab more caj pas | * Tej thaum kuj xeev siab thiab mob plab |

Tej thaum tus mob no kuv xam maj ua rau neeg mob ntsws tau thiab. Raws li kev ntsuam xyuas, cov tsuaj sawv daws txaj tiv thaiv khuab tuas no nws pab tsis tau tus kab mom H1N1 (Swine Flu) no.

Tej yam sawv daws yuav tau ua los tiv thaiv kom txhob raug tus kab mob H1N1 (Swine Flu) no yog:

- Thaum hnoos thiab txham yuav tau pos yus lub qhov ncauj qhov ntswg.
- Yuav tau ntxuav tes kom huv tom qab yuav hnoos, txham, los yog yus tshuab ntswg.
- Txhob kov yus lub qhov ntswg, qhov ncauj, qhov muag, thiab
- Muab yus tej ntaub so hnoos, txham, thiab so ntswg pov tseeg rau hauv tawb khib nyiab kom zoo.
- Xav pab ntiv thov mus tshawb nrhiav hauv qhov kev cab sab <http://www.cdc.gov/flu/swine/index.htm>

Tsev kawm ntawm yuav tham nrog La Crosse County lub tsev saib xyuas kev noj qab haus huv cov coj sawv daws thiab yuav ua raws li lawm qhov kev lawv pom zoo. Yog tias koj tus menyuum mob, es nws kub tau hau thiab yog pheej hnoos. Xav kom niam txiv txhob tso nws tuaj kawm ntawv, thiab hu mus cuag nws tus kws kho mob.

Yog muaj dabtsi ntxiv, peb yuav qhia thiab mam li xa ntawv rau nej cov ua niam ua txiv sawv daws paub.

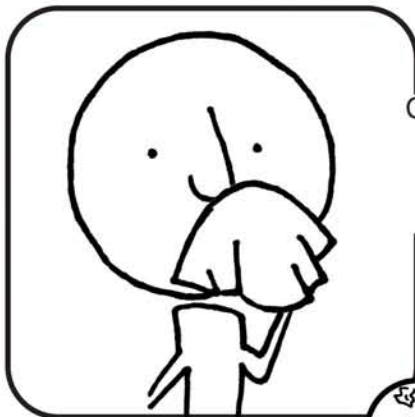
Ua tsaug ntau,

Gerald R. Kember
Tus Thaj Khus Loj

Lynda Narish-Johnson
Tus Saib Cob Nurse

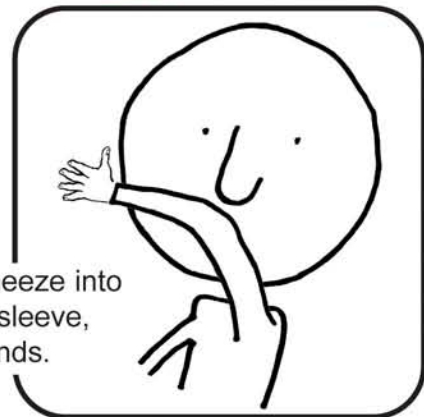
Stop the spread of germs that make you and others sick!

Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze

or
cough or sneeze into your upper sleeve, not your hands.

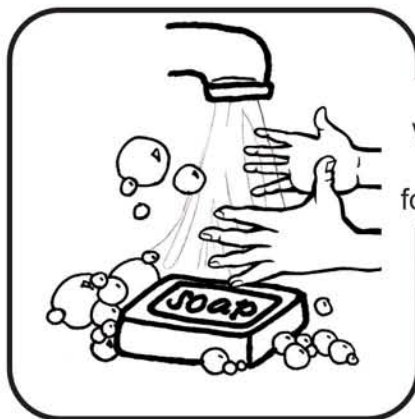


Put your used tissue in the waste basket.



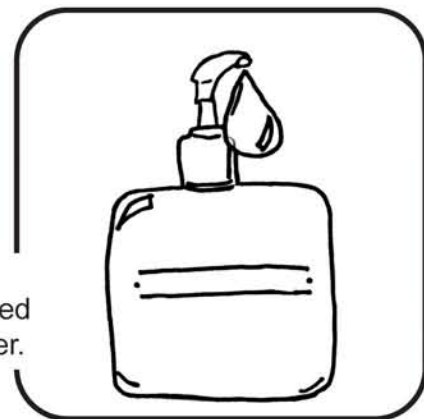
Clean your Hands

after coughing or sneezing.



Wash hands with soap and warm water for 20 seconds

or
clean with alcohol-based hand cleaner.



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