



**21st Century
Preparatory School**
A Pathway to Success for Every Child

Swine Flu Letter to Families

April 30, 2009

Dear Parent or Guardian,

21st Century Preparatory School is continuing to work with the City of Racine Health Department to monitor the outbreak of swine flu in the United States. Swine flu is spread similar to seasonal flu. Flu viruses are spread mainly from person to person through coughing or sneezing. People may also become ill by touching their mouth or nose with germs on their hands.

Although local, state, and federal agencies are working to contain this outbreak, there are simple steps you can do at home to keep your family healthy. These prevention steps include:

- Cover your nose and mouth with a tissue when you cough or sneeze, or cough/sneeze into your sleeve. If you use a tissue, throw it in the trash after use and wash your hands.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Try to avoid close contact with sick people.
- If you get sick, stay home from work or school and limit contact with others to keep from infecting them.
- Avoid touching your eyes, nose or mouth to reduce the spread of germs.

The health departments are urging residents who recently visited Mexico or the affected states and are experiencing influenza-like symptoms, or have been in contact with sick persons from these areas, to contact their health care provider. Symptoms of influenza include:

- fever greater than 100 degrees
- body aches
- coughing
- sore throat
- respiratory congestion
- and in some cases diarrhea and vomiting

If your child is exhibiting these symptoms keep your child home from school and contact your medical provider.

For more information, please contact the City of Racine Health Department at (262) 636-9201 or <http://www.cityofracine.org/Depts/health/>

Sincerely,

Dr. Robert Morelan
Superintendent

1220 Mound Avenue Ph: (262) 598-0026
Racine, WI 53404 Fax: (262) 598-0031