

Lafayette School Corporation
Health Services

SWINE FLU UPDATE
Indiana State Department of Health

April 29, 2009

Dear Students, Staff and Parents,

The following is information from the Indiana State Department of Health on the Swine flu which is now called the H1N1 human flu virus. This is a new form of flu virus that was originally a swine virus but now is transmitting from human to human. To date in Indiana, there has been one confirmed case in the northern part of the state and most cases nationally have produced mild flu-like symptoms. This is cause to be cautious but is not a crisis.

Lafayette School Corporation staff will vigilantly monitor the illness of our students. Should any student in our corporation test positive for this new flu strain (H1N1), we will take direction from our local health department.

What are the signs and symptoms of swine (H1N1) flu in people?

The symptoms of swine flu in people are similar to the symptoms of regular human flu. Symptoms could include:

Fever greater than 100 cough sore throat body aches
Headache chills fatigue dizziness
Some may experience vomiting and diarrhea

What important measures can you take to prevent the spread of this virus?

The Indiana State Department of Health recommends the following:

- **Most importantly - Use good hand washing using soap and water and/or use of hand sanitizers**
- **Cover your cough with a tissue or cough in to your sleeve if have no tissue**
- **Keep your student and any family members home if they have the flu like symptoms listed above and call your health care provider and report your symptoms**
- **Keep your student home for 7 -10 days or until the fever is gone for 24 hours**

****It is emphasized that if symptoms of this illness are present, first call your health care provider and do not go directly to the health provider's office unless symptoms are severe.**

