April 30, 2009

Dear Parents/Guardians:

Meridian CUSD #223 is closely monitoring the recent outbreak of Swine Influenza and is committed to keeping our parents and public informed on an ongoing basis. Please be reminded of the following basic infection prevention measures:

1. Keep your child home if he or she is sick and contact your health care provider if they exhibit flu-like symptoms such as a fever (greater than 100 degrees), cough, sore throat, body aches, headache, chills and fatigue. Reported Swine Flu symptoms may also include vomiting or diarrhea in addition to fever and cough.

2. If you or a family member gets sick, stay home and limit contact with others to avoid spreading the infection.

3. Cover your mouth and nose with your sleeve or tissue when coughing or sneezing.

4. Wash your hands frequently with soap and water or an alcohol-based hand sanitizer.

5. Avoid touching your nose, mouth or eyes with your hands because germs can easily spread to these areas after touching a contaminated surface.

6. Practice good health habits. Get plenty of sleep, exercise, eat nutritious meals, drink plenty of fluids and keep stress levels in check.

It is important to remember that Swine Influenza is NOT transmitted by food. You cannot get Swine Influenza from eating pork products, though it is always recommended that you thoroughly cook pork to avoid food-borne illnesses.

Presently no vaccine is available to protect against Swine Influenza, however, some anti-viral medications can help to lessen the symptoms and shorten the span of the illness. Contact your health care provider for more information should you or a family member develops symptoms.

In response to the current Swine Influenza situation, the District is closely monitoring student absences and is conducting greater surveillance of the absences. Additionally, increased sanitation is being applied to student areas, including buses. The District is also in consistent contact with local, state and federal public health departments. For more information, visit www.cdc.gov/swineflu or www.idph.state.il.us/.

Sincerely,

Bob Prusator, Superintendent
Meridian CUSD #223