

# Hortonville Area School District

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April 30, 2009

## **RE: Swine Flu Influenza and Hortonville Area Schools**

### **Dear Parents and Staff,**

Many of us are hearing information regarding the Swine Flu Influenza A (H1N1) that is occurring in the United States, Mexico, and many other parts of the world. Here at Hortonville Area Schools I have been monitoring this situation on a daily basis.

This swine influenza A virus is a new virus that has not been identified previously in people, and viral person-to-person transmission appears to be occurring.

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.**

### **The symptoms of human swine flu are similar to the regular seasonal influenza and include:**

- Fever
- Lethargy
- Lack of appetite
- Coughing
- Some people with swine flu have reported additional symptoms such as a runny nose, sore throat, nausea, vomiting, and diarrhea.

### **What we can do here at school to keep ourselves and our students safe:**

- Cover all coughs and sneezes.
- Wash our hands frequently and especially after coughing, sneezing, and blowing one's nose.
- Avoid touching our nose, mouth, and eyes
- Properly dispose of all contaminated tissue.

### **What you can do to help keep yourself and your family safe:**

- Teach your child to wash their hands frequently with soap and water. Hand sanitizers may not be as effective depending upon how they are used.
- Instruct your child to cover all coughs and sneezes with tissue and dispose of them properly afterwards.
- Keep your child home if they are ill. We strongly encourage you to keep your child home as long as they are exhibiting any symptoms of an influenza type illness.
- Encourage your child to wash their hands well after exposure to any individual who is coughing and sneezing.

I am continuing to monitor the situation and will get information out to you as soon as we have it. As in all situations, please use your good common sense in dealing with this with your family.

Please feel free to contact me if you have concerns/questions that I can assist you with.