



# Community Consolidated Schools

## District 168

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April 27, 2009

Dear Parents:

Please be advised that the Center for Disease Control has confirmed several cases of the swine flu. As a precaution, please see your doctor if you have symptoms of the flu. The disease symptoms resemble those of the seasonal flu, which include fever, sore throat, cough, congestion, chills, headache, body aches and fatigue. Some patients also report diarrhea and vomiting. If your child is not feeling well, please keep them at home.

In general, to help prevent the spread of viral infections cover your mouth and nose with a tissue when you cough or sneeze, then discard the tissue, or use your sleeve not your hands. Be sure you wash your hands frequently with soap and warm water for 20 seconds or use alcohol based hand sanitizer.

Thank you.

Mrs. Stephanie Belmer, Nurse