

Dear Parents:

Most likely you have heard news reports about the H1N1 Flu, also known as “Swine Flu”, making its way into the United States. Confirmed cases continue to grow throughout the country, and in some areas schools have been closed to prevent the spread of the disease.

We wanted you to be aware that at this time there have been no cases of H1N1 Flu identified in our local community, and our schools continue to operate normally. However, that status could change if confirmed cases begin to show up in Cobb County. As always, the health and safety of your children is our highest priority.

The Centers for Disease Control and Prevention has compiled the most up-to-date and accurate information about H1N1 Flu on a Web site: <http://www.cdc.gov/swineflu/>
There is also a link to the CDC information on the home page of your child’s school Web site.

The Cobb County School District works closely with Cobb & Douglas Public Health, a division of the state public health department. CDPH has also posted information about H1N1 Flu on its web site at: <http://cobbanddouglaspublichealth.org/News/swineflu.php>. We are following CDPH’s guidance as the progression of this flu changes frequently.

Swine Flu is a respiratory disease that spreads from person to person. The main symptoms are fever, cough and sore throat – typical flu-like symptoms. If you or your children should show these symptoms, contact your health care provider for evaluation. You can help prevent the spread of the disease by following healthy practices, such as:

- Hand Hygiene – washing your hands with soap and water or using hand sanitizers often;
- Staying home from school or work if ill;
- Avoiding close contact with those who are ill;
- Covering your mouth and nose when coughing and sneezing;
- Avoiding touching your eyes, nose or mouth;
- Practicing good health habits, i.e., getting plenty of sleep, physical activity, fluids, nutritious eating and managing stress.

Cobb County’s school nurses are prepared to identify potential cases of Swine Flu and are closely monitoring students and staff. Cobb’s school nurses also maintain frequent communication with Cobb & Douglas Public Health.

Hopefully, awareness and prevention will help our community stay healthy during this time.