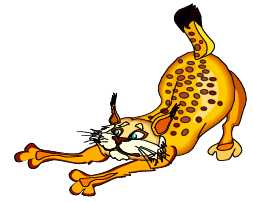


# Southside School District

161 SE Collier Road  
Shelton, WA 98584

(360) 426-8437  
www.southsideschool.org



April 30, 2009

Dear Students, Families, and Staff:

As you are aware there have been confirmed cases of Swine Flu reported across the United States in the last few weeks. Our school works closely with local, state, and national health agencies to investigate any illnesses and/or infections. Swine Flu in people is characterized by fever (100° or more), sore throat, cough, body aches, headaches, chills, and fatigue. The illness may last up to seven days, but people are considered to be contagious as long as symptoms persist. If you or your child have mild flu-like symptoms, monitor and telephone your physician to consult if necessary. We want to remind parents and staff of the importance of prevention and how to stay safe.

## **What You Can Do To Prevent the Spread of Swine Flu:**

- Sneeze or cough into a tissue, elbow or sleeve. Throw the tissue in the trash after use.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol based hand sanitizers are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread can be spread that way.
- If you are sick, stay home.

## **Symptoms of Swine Flu:**

- Fever 100° or more), cough, sore throat, body aches, headache, chills, fatigue.

Please remember that students should stay home when they have any of the above symptoms.

**For more information on the Swine Flu please visit any of the following Web sites:**

[www.cdc.gov/swineflu/mitigation/htm](http://www.cdc.gov/swineflu/mitigation/htm)

[www.cdc.gov](http://www.cdc.gov)

[www.doe.gov](http://www.doe.gov)

[www.doh.wa.gov](http://www.doh.wa.gov)

If you have any further questions please do not hesitate to give us a call at the school.

Sincerely,

Tim Garchow  
Superintendent

**Relationships, Rigor, and Relevance**