



Littleton Public Schools

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April 28, 2009

Dear Faculty and Parents,

The Massachusetts Department of Public Health has notified school health departments regarding the recommended management of the swine flu situation.

Currently there are no confirmed cases of swine flu in Massachusetts. Schools are not advised to send home students or staff who have traveled to any areas known to have swine flu outbreaks unless they develop symptoms of illness.

Swine flu symptoms are similar to human flu: fever, cough, headache, runny nose, loss of appetite, muscle aches, fatigue, and sometimes vomiting and diarrhea.

Schools are advised to continue to send students home according to their own established protocols for ill students. Students/staff with acute febrile respiratory illnesses are advised to stay home for 7 days or until 24 hours after symptoms resolve.

Proper hygiene is the best way to prevent transmission:

- Wash hands frequently especially after coughing or sneezing.
- Avoid touching eyes, nose, and mouth.
- Use proper cough or sneeze technique by using a tissue or your elbow. Do not cough into bare hands.
- Stay home if you are sick especially if you have a fever.

Recommendations may change as more is learned about the swine flu outbreak. For up to date information please visit:

<http://www.cdc.gov/flu/swine/> for the CDC website on swine influenza

<http://www.cdc.gov/flu/swine/recommendations.htm> infection control and treatment guidance

<http://mass.gov/dph> for Massachusetts specific info Dept. of Public Health this also has links to the CDC sites

Sincerely,

Diane G. Bemis, Ph.D.
Superintendent

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