Dear Parent,

As you are undoubtedly aware, we are in a state of heighten alert due to a flu virus that has been circulating since Spring. Novel Influenza A H1N1, – or Swine Flu – is a virus that we have not seen before and therefore have no immunities too. While highly contagious, in most cases individuals recover after a few days.

If your child is ill, it is important for them to stay home to avoid spreading the disease. Symptoms of Swine Flu are similar to those of the common flu. They are:

- Fever and chills
- Sore throat
- Cough/runny nose
- Headache, body aches, and fatigue
- Diarrhea and vomiting can also be present

If he/she has a fever over 101 degrees AND any of the above symptoms. If your child has severe symptoms, especially if they don’t respond to over-the-counter medications to try symptoms or has trouble breathing, please consult your physician. Students may return to school 24 hours after fever has gone away without fever-reducing medicine.

It is important to be vaccinated as soon as the H1N1 vaccine becomes available. Please watch for updates as to availability and priority groups. Seasonal flu shots are now available, and we strongly encourage you to receive that vaccination. Seasonal flu shots will not protect you from H1N1, and H1N1 vaccination will not protect you from seasonal flu – you need both immunizations.

Please see www.UtahCountyHealth.org/pandemic or www.flu.gov for more information. You may also call 2-1-1 with further questions.

Sincerely,

Joseph Miner, M.D.
Executive Director
Utah County Health Department