



Comal County
Office of Public Health
April 26, 2009

Dear Parents and Guardians:

The Department of State Health Services (DSHS) Region 8 is leading a public health investigation of a new strain of swine flu.

Here are a few facts regarding swine flu in Texas. The persons who were ill with the swine flu have since recovered or are recovering. Their illnesses were relatively mild and they were not hospitalized. Laboratory test results from the U.S. Centers for Disease Control and Prevention (CDC) indicate that the illnesses were caused by a swine influenza A (H1N1) virus.

Symptoms of swine flu in people are similar to those of regular or seasonal flu and include fever, lethargy, lack of appetite and coughing. Some persons with swine flu also have reported runny nose, sore throat, nausea, vomiting and diarrhea.

In order to stay healthy, we recommend the following standard precautions to reduce the spread of any respiratory illness.

- Stay home when you are sick to avoid spreading illness to co-workers, classmates and others. If you or your student has a fever of 100° F or higher, stay home until the fever has been gone for 24 hours and you have not taken fever reducing medicines for 24 hours. If you or your student has signs or symptoms of flu, talk to your family doctor before returning to school or work.
- Wash hands frequently and thoroughly with soap and water or use an alcohol-based hand sanitizer.
- Cough or sneeze into your elbow or a tissue and properly dispose of used tissues.
- Avoid touching eyes, nose, or mouth.
- Keep away from others and avoid other sick individuals.

More information regarding this health issue can be obtained by visiting the CDC's website at <http://www.cdc.gov/swineflu/>

Sincerely,

Comal County Health Authority