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April 30, 2009

Dear Parent or Guardian:

As you are aware there are at least six suspected cases of Swine Influenza (H1N1) reported in our state. We are in contact with Seattle-King County Health Department and local emergency service providers to ensure we have the latest information and advice. If we have confirmed Swine Flu cases among students or staff in our schools it is possible that a school or schools would close for a few days at a time to reduce exposure to the virus. That decision would be made after consulting with public health officials.

We feel that the best advice for now is to be vigilant but not to panic. Please talk to your children about the importance of hygiene as we all work together to reduce the likelihood of catching this virus. Our school custodians will be cleaning certain areas more frequently and we are looking at other steps that can be taken to provide additional safeguards. The following information is provided to us by the Office of Superintendent of Public Instruction and the state Department of Health:

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 (for at least 20 seconds), especially after you cough or sneeze. Alcohol-based hand sanitizers also are effective.
- Avoid touching your eyes, nose or mouth. Germs 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.
- 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.

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.kingcounty.gov/healthservices/health/preparedness/pandemicflu.aspx

www.cdc.gov/swineflu/mitigation/htm

www.doh.wa.gov

If you have any further questions please do not hesitate to contact your school or the Tahoma Public Information Office at 425-413-3409.

Sincerely,



Michael K. Maryanski
Superintendent