

CMP update on the swine flu outbreak:

As most of us have heard, there is a new strain of flu, generally called swine flu, which is showing up primarily in Mexico and spreading to other countries, including the USA. The current situation is not large enough to be considered a pandemic at this time.

There is no reason for healthy children to remain home from school. If your child does portray swine flu-like symptoms (fever, cough, sore throat, headache, muscle ache, vomiting, diarrhea) keep him/her home from school and avoid contact with others. Keep these students home for 2 days after they are symptom free and contact your physician as necessary. When calling in your child's absence, be sure to report to the office staff that your child is home due to flu-like symptoms.

If you have traveled to Mexico or Southern California (San Diego or Imperial counties) recently and have flu symptoms within 2 weeks of that travel you should see your doctor so the virus can be evaluated. If you feel well there is no need to isolate yourself.

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits, like covering your cough and washing your hands often, can help stop the spread of germs and prevent respiratory illnesses. There also are flu antiviral drugs that can be used to treat and prevent the flu. Note that the current flu vaccine will not protect you from the swine flu.

The Centers for Disease Control (CDC) is continually updating swine flu information at their website <http://www.cdc.gov/swineflu/> and offers the following general flu information:

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- Washing your hands often will help protect you from germs.
- Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Please contact your campus office or the Central Administration office if you have any further questions.

Thank you,

Deanna Gardner
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