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Dear Parents/ Guardians,

The national news media has been reporting the outbreak of the Swine Flu around the world. Here in Ohio there has been one confirmed case of the Swine Flu. The person had recently visited the country of Mexico where the outbreak seems to be centered. We are in contact with the Seneca County General Health District to make sure we have the most up to date Swine Flu information.

On the back side of this letter is the Swine Influenza Fact Sheet #1 provided by the Seneca County General Health District. Please review this information with your family because knowledge is the best way to prevent the spread of the Swine Flu.

Below I have included some everyday actions we can take to stay healthy and additional resources.

- \* Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- \* Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- \* Avoid touching your eyes, nose or mouth. Germs spread that way. Try to avoid close contact with sick people.
  
- \* Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- \* If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

Resources:

<http://www.odh.ohio.gov/> H1N1 Influenza Type A formerly known as Swine Flu is one of the top five issues on the front page.

<http://www.cdc.gov/> H1N1 Influenza Type A formerly known as Swine Flu is one of the top five issues on the front page.

Sincerely,

Suzanne Frank,  
Assistant Principal



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*Marjorie S. Broadhead, MBA, RN, BS  
Health Commissioner*

## SWINE INFLUENZA FACT SHEET #1

Issued April 30, 2009

### What is swine flu?

Swine Influenza (Swine Flu) is a respiratory disease of pigs caused by type A influenza virus that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and not sustained beyond three people.

### Are there human infections with swine flu in the U.S.?

In late March and early April 2009, cases of human infection with swine influenza A (H1N1) viruses were first reported in Southern California and near San Antonio, Texas. To date, Human Cases of Swine Influenza have been documented in Arizona, California, Indiana, Kansas, Massachusetts, Michigan, Nevada, New York, Ohio and Texas. The case in Ohio was in Lorain County and the child had recently returned from Mexico.

### Is the swine flu virus contagious?

CDC (Centers for Disease Control) has determined that this swine influenza A (H1N1) virus is contagious and is spreading from human to human. However, at this time, it is not known how easily the virus spreads between people.

### What are the signs and symptoms of swine flu in people?

The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills, and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

### How does swine flu spread?

Spread of this swine influenza A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing and sneezing of people with influenza. Sometimes people may become infected by touching something with flu virus on it and then touching their mouth or nose.

### How can someone with the flu infect someone else?

Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick.

### What should I do to keep from getting the flu?

First and most important: **wash your hands**. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Try not to touch surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick.

### Are there medicines to treat swine flu?

Yes. CDC recommends the use of oseltamivir (Tamiflu) or zanamivir (Relenza) for the treatment and/or prevention of infection with these swine influenza viruses. Antiviral drugs are prescription medicines that fight against the flu by keeping flu viruses from reproducing in your body. If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. For treatment, antiviral drugs work best if started soon after getting sick (within 2 days of symptoms).

For more information please use the CDC Swine flu website: [www.cdc.gov/swineflu/](http://www.cdc.gov/swineflu/)

Please watch for our next fact sheet dealing with prevention for additional information!

