



Central Michigan District Health Department
“Promoting Healthy Families, Healthy Communities”
Mary L. Kushion, Health Officer
Dr. Robert Graham, Medical Director
2012 E. Preston Avenue, Mt. Pleasant, Michigan 48858,
www.cmdhd.org

April 28, 2009

Dear Parents,

The Central Michigan District Health Department is working with your local schools to help prevent the spread of Swine Flu. Swine Influenza (Swine Flu) is a respiratory disease of pigs caused by type A influenza viruses. People do not normally get Swine Flu, but human infections can and do happen. Recently, it has become apparent that a strain of Swine Flu first detected in Mexico has adapted to allow human-to-human transmission and has the potential of spreading worldwide. Cases of the Swine Flu have also been reported in California, Texas, Kansas, Ohio, and New York. Michigan is also investigating probable cases and is waiting for confirmation from the Michigan State Laboratory and the Centers for Disease Control and Prevention (CDC).

Symptoms of Swine Flu are fever, sore throat, headache, body aches, and cough. Some people with Swine Flu are also experiencing upset stomach and diarrhea. If your child is sick with any of the following please keep them home from school: Your child could have these symptoms and not have Swine flu, but is important to stay home to stop the spread of illness to others.

- Headache
- Fever
- Sore Throat
- Body Aches
- Cough

There is no vaccine available at this time, so it is important for parents to take steps to prevent the spreading of the virus to others. You and your children should:

- Cover the nose and mouth with a tissue when coughing or sneezing. Throw the tissue in the trash after use.
- Wash hands often with soap and water, especially after you cough and sneeze. Alcohol-based hand cleaners are also effective.
- Avoid close contact with sick people.
- Avoid touching your eyes, nose or mouth

- If you or your child is sick, stay home.

If your child becomes ill with these symptoms during school, they will be sent home. Call your family doctor or pediatrician if your child is ill. **If your child is suspected of having Swine Flu and you have other children in the home, keep them home from school as well.**

Children can return to school 7 days after the onset of illness or 1 full day after **ALL** the symptoms have completely disappeared, **whichever is longer**. Children that have been exposed to a confirmed case of swine flu should not attend school for 3 days. If symptoms have not developed after the 3 days at home, they can then return to school.

If you have questions about swine flu you can call the Central Michigan District Health Department at:

Arenac County: 989-846-6541, extension 8128

Clare County: 989-539-6731, extension 8220

Gladwin County: 989-426-9431, extension 8328

Isabella County: 989-773-5921, extension 8434

Osceola County: 231-832-5532, extension 8512

Roscommon County: 989-366-9166, extension 8628

You can also go to these websites for more information: www.cdc.gov/swineflu or www.cmdhd.org.

Sincerely,

Mary L. Kushion, M.S.A.

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Health Officer



Robert Graham, DO, MPH, FAAFP
Medical Director