



Pride and Progress

# MT. HEALTHY CITY SCHOOLS

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May 5, 2009

David J. Horine  
Superintendent

Rebecca J. Brooks  
Treasurer

Dear Parent/Guardian

Public health officials in Hamilton County and throughout the world are responding to and investigating the recent outbreak of H1N1 (Swine Flu). This situation is evolving rapidly with the number of persons contracting the disease changing daily. Our school has been in regular contact with Hamilton County Public Health (HCPH) as we work to minimize the risk of exposure and spread of this flu virus.

The symptoms of H1N1 in people are similar to the symptoms of other known flu viruses. It has been shown that a person is infectious one day prior to the appearance of disease symptoms and seven to ten days after the onset of symptoms. To reduce the spread of this disease and the severity of the illness within our community, HCPH is requesting that you be aware of what to do if you and/or your child has traveled to an area where the spread of flu is uncontrolled.

Monitor yourself and your children for ten days after return from travel as described above for the following symptoms:

Fever

Cough

Sore throat

Body aches

Headache

Chills and fatigue

Occasionally, vomiting and diarrhea

If you or your children experience these symptoms contact your physician.

If notified by your physician that you or your children are likely to have H1N1 flu, **notify our district nurse, Sandy Urquhart at 522-0355 or 205-1330 and remain at home.** This will help us reduce the spread of the infection and the likelihood that we will have to close the school.

Sincerely,

David J. Horine  
Superintendent