



UTAH COUNTY HEALTH DEPARTMENT

Joseph K. Miner, M.D., M.S.P.H.
Executive Director

Ralph L. Clegg, E.H.S., M.P.A.
Deputy Director

Dear Parent,

As you are undoubtedly aware, we are in a state of heightened alert due to a widespread outbreak of a new flu virus. Novel Influenza A H1N1, – or Swine Flu – is a virus that we have not seen before and therefore we are not immune to it. While highly contagious, in most cases individuals recover after a few days.

If your child is ill, it is important for them to stay home to avoid spreading the disease. Symptoms of Swine Flu are similar to those of the common flu. They are:

- Fever and chills
- Sore throat
- Cough/runny nose
- Headache, body aches, and fatigue
- Diarrhea and vomiting can also be present

If he/she has a fever over 101 degrees AND any of the above symptoms, they should stay home from school and other public gatherings. If your child has severe symptoms, and doesn't respond to fever-reducing medications to treat symptoms or has trouble breathing, please consult your physician. Students may return to school 24 hours after the fever has gone away without fever-reducing medicine.

It is important to be vaccinated as soon as the H1N1 vaccine becomes available. Please watch for updates as to availability and priority groups. **Call 801-851-2222 or see www.UtahCountyHealth.org for vaccine updates.** Seasonal flu shots will not protect you from H1N1, and H1N1 vaccination will not protect you from seasonal flu – you need both immunizations as soon as they are available.

Until you can get the vaccine, there are steps you can take to help **protect yourself**, including:

- Wash hands regularly after touching commonly used surfaces
- Don't touch your face or mouth until your hands are washed
- Use an alcohol based hand sanitizer if you can't wash your hands
- Cover coughs in your sleeve, elbow, or tissue. Use a mask if necessary
- Stay home if you are sick until most symptoms have ended
- Get plenty of rest and eat nutritious meals

Please see www.UtahCountyHealth.org/pandemic or www.flu.gov for more information. You may also call 2-1-1 with further questions.

Sincerely,

Joseph Miner, M.D.
Executive Director
Utah County Health Department

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