



# DUPAGE COUNTY HEALTH DEPARTMENT

111 North County Farm Road, Wheaton, Illinois 60187

(630) 682-7400

[www.dupagehealth.org](http://www.dupagehealth.org)

April 29, 2009

Dear DuPage County School and Child Care Center Parents, Families, and Staff:

You may have seen or heard the recent news about human cases of swine influenza in other countries and in the United States. The Centers for Disease Control and Prevention, the Illinois Department of Public Health, and the DuPage County Health Department are all monitoring the current situation in order to provide the best actions and guidance for our community. **The best thing that we all can do is to remain calm but alert to what we can do to prevent illness.**

Swine influenza, or swine flu, is a respiratory disease of pigs caused by type A influenza virus. Seasonal flu symptoms include fever, lethargy, lack of appetite, and coughing. Reported swine flu symptoms also include runny nose, sore throat, nausea, vomiting and diarrhea.

The 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 or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth, nose, or eyes.

If you are returning from travel to Mexico, other affected areas, or have been in contact with someone who is sick, pay close attention to your health. If you become sick with a fever plus a cough, sore throat or have trouble breathing, see a doctor. Stay home if you are sick unless you need medical care. By limiting contact with others as much as possible, you can help prevent the spread of an infectious illness.

Since influenza is primarily spread by direct contact with nose and throat secretions, persons may prevent becoming sick with swine flu with a few simple actions:

- Cover your nose and mouth with a tissue when you cough or sneeze, and throw it away after use.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you get sick with influenza, CDC recommends that you stay home from work, school, and public gatherings to prevent infecting others, who may be at greater risk for complications.

For more swine flu information and updates, please visit [www.cdc.gov/swineflu/](http://www.cdc.gov/swineflu/) or call 1-800-CDCINFO. For materials in Spanish, please visit [www.cdc.gov/swineflu/espanol/](http://www.cdc.gov/swineflu/espanol/). You may also visit the DuPage County Health Department Emergency Information webpage at [www.protectdupage.org](http://www.protectdupage.org). If you and/or your physician have any further questions, please contact the DuPage County Health Department at 630-682-7979, ext. 7553.

Sincerely,

THE DUPAGE COUNTY HEALTH DEPARTMENT

Rashmi Chugh, M.D., M.P.H.  
Medical Officer

Maureen McHugh  
Executive Director

*Everyone, Everywhere, Everyday*

In an emergency go to [www.protectdupage.org](http://www.protectdupage.org) and tune into WDCB 90.9 fm radio.