

Dear parents:

The World Health Organization has declared that H1N1 flu (swine flu) has spread to enough countries to be considered a global pandemic. This does not mean that the disease is any deadlier, just that it has spread to more countries.

H1N1 surfaced in South Carolina in late April. Since that date S.C. DHEC has continued to monitor and identify cases. This will continue over the summer and into the fall as needed. The School District of Greenville County will continue to monitor for signs of the spread of H1N1 as well. Having a School Nurse in every location helps with this process.

As parents we encourage each of you to take the following steps to protect yourselves and your children from any strain of flu:

- Wash your hands thoroughly and often.
- Cover your cough with your sleeve, not your hand.
- Stay home if you're sick.
- Stay away from people who are sick.
- Eat a healthy diet and get plenty of rest.

Remember the following facts about H1N1 virus:

- Antiviral drugs, Tamifli and Relenza seem to work when taken shortly after symptoms begin.
- Symptoms typically show up 48-72 hours after exposure. They include weakness, muscle aches, cough, sore throat, runny nose with fever.
- You cannot get swine flu from eating pork.
- If symptoms start call your physician or the Health Department.
- A positive flu test does not mean that you have H1N1. Your doctor has to send the test results off to determine if you have a flu or H1N1.

For further questions about H1N1 and school response contact the BRHS School Nurse, Mrs. Barbara Greene at 355-1807.

Mrs. Watson, Principal
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