

Dear Parent:

Over the last several days, local and national media sources have been reporting the growing outbreak of swine flu across our nation, state, and now in the area. As of the morning of Thursday, April 30, Katy ISD does not have any confirmed cases of swine flu in our schools. We are, however, taking this threat seriously and will continue to monitor our campuses.

While all Katy ISD schools remain open, at this time the district has canceled all student travel outside Katy ISD until May 11. In addition, the University Interscholastic League has canceled all UIL athletic and academic competitions statewide per the Department of State Health Services.

In addition, the district has activated its incident management team and is working closely with state, and public health officials. The team is in contact with these officials on a daily basis to ensure we have the most accurate and current information on which to make decisions.

Symptoms of Swine Flu

The symptoms of swine flu in people are similar to the symptoms of seasonal influenza and include fever, lethargy, lack of appetite and coughing. Some people with swine flu also have reported runny nose, sore throat, nausea, vomiting and diarrhea. Therefore, the presence of these symptoms does not necessarily mean swine flu. Additional information on swine flu can be found at http://www.cdc.gov/swineflu/key_facts.htm.

What you can do

While there is no vaccine available right now to protect against swine flu, there are everyday actions that can help prevent the spread of germs that cause respiratory illness like influenza. Take these everyday steps to protect your health:

- **Clean your hands.**
Washing your hands often will help protect you from germs. Washing hands with soap and water for approximately 20 to 30 seconds (tell young children to sing the Happy Birthday song twice) will help protect your child from many different germs. When soap and water are not available, wipes or gels with alcohol in them can be used (the gels should be rubbed into your hands until they are dry).
- **Avoid close contact.**
Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- **Stay home when you are sick.**
If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- **Cover your mouth and nose.**
Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- **Avoid touching your eyes, nose or mouth.**
Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

If you have reason to be concerned that you or your child may have swine flu, please contact your family doctor as soon as possible. Swine flu can only be diagnosed by a medical professional. If you are sick, you should stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.