

April 30, 2009

Dear Parents or Caregivers;

With the attention being paid to Human H1N1 Swine Flu, Local Public Health from Washington and Idaho have met with School Superintendents to discuss preparation for possible infections in our Valley.

People who have a recent travel history to areas affected by Swine Flu and who are suffering from flu symptoms should contact their health care provider by telephone.

**Signs and Symptoms of the swine flu are similar to the symptoms of regular flu, and include:**

- Fever over 100°
- Headache
- Body aches
- Sore throat
- Dry cough
- Chills and or fatigue

**You have a role in protecting yourself and your family.**

- Wash your hands frequently
- Cover your cough or sneeze, cough into your elbow
- Avoid touching your eyes, nose and mouth as germs are spread this way
- If you are sick, stay home from school or work
- Avoid close contact with people who are sick

If a case of Swine Flu is confirmed in our valley, our schools will follow Public Health recommendations regarding school closures. As with other school notices, this information would be made immediately available through our local media.

This is a good reminder for families to review their emergency plans and resources. If the situation would worsen and infections spread, people may be asked to stay home from school or work.

Pete Lewis, Superintendent, Clarkston School District  
Dr. Joy Rapp, Superintendent, Lewiston School District  
Greg Godwin, Superintendent, Asotin - Anatone School District  
Denise Hammrich, Administrator, All Saints Catholic School  
Maribeth Richardson, Administrator, Holy Family School  
Richard A Rasmussen, Administrator, Beacon Christian School  
Cyndy Kym, Administrator, Cornerstone Christian School

Joe Lillard, Director, Asotin County Health District  
Carol Moehrle, Director, Idaho North Central District