

ASHBURNHAM WESTMINSTER REGIONAL SCHOOL DISTRICT
SCHOOL HEALTH SERVICES

SWINE FLU CONCERNS

The Ashburnham Westminister Schools' (AWRSD) are being pro-active in dealing with all of your concerns regarding the Swine Flu. As of this time, no cases have been identified in the State of Massachusetts. The AWRSD, the AWRSD School Health services, and the Department of Public Health have a system in place to identify any increase in the number of students that are ill. Since flu season is on the decline, nurses in our schools will identify students presenting with flu-like symptoms and they will monitor for any unusual illness trends.

Symptoms to watch for are:

- Fever, cough, sore throat, body aches, headache, chills, and fatigue (similar to regular human flu)
- Only in severe cases, pneumonia and respiratory failure.

As with any flu, we all need to:

- Cover your nose and mouth when coughing or sneezing
- Wash your hands often with soap and water and especially after coughing or sneezing.
- Avoid touching your eyes, nose or mouth because germs are spread this way.
- Avoid close contact with people who are ill.
- If you are sick, stay home! And limit your contact with others.

Swine Flu is **not** contracted by eating pork products.

Yes, this flu did originate in pigs, but the virus has mutated. Therefore it is able to be passed on by person to person contact.

Remember! We have a plan in place and we will keep everyone updated.

For more information, please visit: <http://www.cdc.gov/swineflu/>

Marcia Sharkey RN
Nurse Leader