



District Health Department

Serving Fillmore, Gage, Jefferson, Saline, and Thayer Counties

Swine Flu Information

Monday, April 27, 2009

Dear Parent:

As you may know, 40 cases of swine flu have recently been confirmed in the United States. To this point, all the cases have been mild and only one person has been hospitalized. Although no cases have been confirmed in Nebraska at this time, it is important for you to recognize the signs and symptoms of swine flu so that you can take the correct actions if someone in your family become sick.

Signs and symptoms of swine flu (a respiratory infection) include:

- Fever greater than 100.0 F
- Sore Throat
- Cough
- Stuffy Nose
- Chills
- Headache and body aches
- Feeling very tired or having no energy

If you, your child or any family member develop flu symptoms, contact your doctor by phone right away. He/she may request that the ill person come into the office for testing. The sample needed to diagnose flu is obtained by inserting a cotton-tipped swab into the nose. A rapid test can be done right in the office. If this test is positive, another specimen will be collected to be sent to the Nebraska Public Health Lab to see if it is swine flu. Even if the test is negative, another swab may be taken if the person has some or all of the symptoms and has travelled to states or countries where swine flu cases have occurred.

To prevent the spread of swine flu:

- **Stay home** from school, work, church and etc. and **avoid travel if you are sick**
- **See your doctor if you have flu symptoms.** He/she can prescribe anti-viral medications for treatment and prevention of swine flu.
- Avoid contact with ill people
- When you cough or sneeze, **cover your mouth and nose** with a tissue or your sleeve (if you do not have a tissue).
- After you cough or sneeze, **wash your hands** with soap and water, or use an alcohol-based hand gel

If you have any questions or concerns about swine flu, please contact your doctor or Public Health Solutions District Health Department 888-310-0565 or 402-826-3880.

Sincerely,

A handwritten signature in cursive that reads "Kate Lange RN BSN PHN".

Kate Lange, RN, BSN, PHN
Disease Surveillance Coordinator