

# East Penn School District

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May 1, 2009

Administrative Offices  
800 Pine Street  
Emmaus, PA 18049  
610-966-8300

Dear Parents and Staff,

This letter provides you with information about the recent spread of swine flu in the United States. The district is actively monitoring this developing health concern through contact with the Pennsylvania Department of Health and our School Physician. At this time, students who are not ill can safely come to school. We will keep you updated with any important information that affects the schools through the district website, [www.eastpennsd.org](http://www.eastpennsd.org), and the Alert Now phone system.

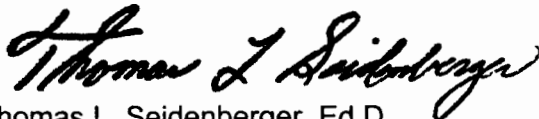
We ask you to be aware of signs and symptoms of swine flu which include: fever greater than 100° F, cough, sore throat, body aches, headache, chills, fatigue, vomiting and diarrhea . If you suspect anyone in your household may have symptoms of the flu, he/she should remain home from school or work and see your family health care provider. Any children who are sick in school will be sent home.

Here are some ways to stop the spread of germs and sickness:

- Teach your children to wash hands with soap and water for 20 seconds. Be sure to set a good example by doing this yourself.
- Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow. Be sure to set a good example by doing this yourself.
- Teach your children to stay away at least three feet away from people who are sick.
- People who are sick should stay home from work or school and stay away from other people until they are better.

I suggest that you review information from the Centers for Disease Control at [www.pandemicflu.gov](http://www.pandemicflu.gov). This agency will provide up to date information for all of us. If you have specific questions, please contact your School Nurse or health care provider.

Sincerely,



Thomas L. Seidenberger, Ed.D.  
Superintendent of Schools