

**Swine Flu Update:** Much has been in the news lately about the Swine Flu epidemic and that the Department of Health and Human Services has declared a nationwide public health emergency. Please understand that one of the reasons for doing so is so that testing and research on this disease can be expedited and doses of the antiviral medications can be released from the national stockpile.

**One of the biggest tools we have in the spread of any disease is good handwashing.** *Please encourage ALL members of your family to wash their hands frequently, and particularly after sneezing or coughing into them.* A great website is [www.henrythehand.com](http://www.henrythehand.com) .

Keep in mind:

-Avoid touching around the eyes, nose and/or mouth.

-Discard used tissues and paper towels immediately

-If your child does not feel well (fever 100 or above, headache, body aches, cough, runny or stuffy nose, sore throat, nausea, vomiting or diarrhea), *do not send them to school* until they are better or have been cleared by a doctor.

Additional information is available at the CDC website: <http://www.cdc.gov/swineflu/>