BRIGHTON ACADEMY

IMPORTANT NOTICE

Parents,

In line with the reported outbreak of Swine Influenza, and in order to inform Brighton Academy parents of the actions we are taking, we have decided to act as per Conroe ISD and ask that you are vigilant and prevent the spread of germs. Please see below CISD's current posting on the matter;

Swine Influenza Update…..

The Center for Disease Control (CDC) has issued a Health Advisory for Swine Influenza (HINI), a respiratory disease that causes outbreaks of influenza in pigs. As of April 26, there have been 20 human cases of swine influenza A in the United States, including 2 confirmed cases in Texas. There have been several reported cases in Mexico.

The swine flu is a respiratory disease that causes outbreaks of influenza in pigs. It can and has spread to humans, usually from working with infected pigs. It is not spread from eating pork. It is believed that the main transmission in humans is from person to person. The symptoms of swine flue in people are expected to be similar to the symptoms of regular human seasonal influenza ad include fever, lethargy, lack of appetite and coughing. Some people with swine flu also have reported runny nose, sore throat, nausea, vomiting and diarrhea.

Here are some timely reminders from the CDC in helping to prevent the spread of germs:

1. Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them form getting sick too.
2. Stay home when you are sick. If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
3. Cover your mouth and nose. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
4. Clean your hands. Washing your hands often will help protect you from germs.
5. Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
6. Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
7. Contact your family doctor if you have flu-like symptoms and you have any questions.

The Conroe Independent School Nurse is in communication with the county's Health Department who advise the CISD on regarding wellness trends. For more information about the swine influenza, visit the following helpful web sites:

http://www.cdc.gov/swineflu/

http://www.cdc.giv/swineflu/espanol/swine_espanol.htm

Thank you for your co-operation and understanding in this matter, as always we appreciate having you as part of our family, we wish to act in the best interest of your son/daughter.

Management