



May 20, 2009

Dear Students, Faculty and Staff:

Recently, two Oak Park residents were confirmed as having the H1N1 (Swine flu) virus. These two young people had mild cases of the disease and have recovered from their illness.

The Centers for Disease Control and Prevention has provided ongoing guidance to schools regarding the H1N1 virus, which includes the following:

- Students, faculty and staff should stringently follow sanitary measures to reduce the spread of influenza. These measures include covering one's nose and mouth with a tissue when coughing or sneezing (or coughing or sneezing into their sleeve if a tissue isn't available), frequently washing hands with soap and water, or using hand sanitizer if hand washing with soap and water is not possible.
- Parents and guardians should monitor their school-aged children, and faculty and staff should self monitor every morning for symptoms of influenza-like illness.
- Students, faculty and staff with influenza-like illness (fever of 100.4F or higher with a cough or sore throat) should stay home and not attend school or child care programs for at least seven days. Students, faculty and staff who are still sick seven days after they become ill should continue to stay home from school and child care programs until at least 24 hours after symptoms have resolved.

The Oak Park Department of Public Health is continuing to monitor the H1N1 outbreak and will be providing ongoing information and guidance to schools, childcare facilities, residents and employees. Additional information on H1N1 is available at www.idph.state.il.us.

If you have questions about H1N1 flu, please feel free to contact the Health Department at 708.358.5480 or health@oak-park.us.

The Village Of Oak Park
Department Of Public Health

Margaret Provost-Fyfe, RN, MPH
Interim Health Director

Paul Luning, MD, MPH
Medical Consultant

Preventing the Flu:

Good Health Habits Can Help Stop Germs

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick, too.

2. Stay home when you are sick.

Stay home from work, school and errands when you are sick. Keep sick children at home. You will help prevent others from catching the illness.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. Throw the tissue in the trash after you use it.

4. Wash your hands often.

Washing your hands and the hands of your children 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.

No vaccine is available at this time for the current outbreak of the H1N1 virus, so it is important for people living in the affected areas to take steps to prevent spreading the virus to others. If people are ill, they should stay at home and limit contact with others, except to seek medical care. Healthy residents living in these areas should take the everyday preventive actions listed above.

People living in these areas who develop an illness with fever and respiratory symptoms, such as cough and runny nose, and possibly other symptoms, such as body aches, nausea or vomiting or diarrhea, should contact their health care provider. Their health care provider will determine whether influenza testing is needed.