

April 30, 2009

Dear Parents, Staff, and Community Members:

As you may have heard, cases of H1N1 (Swine Flu) have been identified in the United States. There is currently one probable case of a seventh grade girl in Cold Spring, Minnesota which is our only reported case to date in our state.

H1N1 is a respiratory disease and symptoms are similar to the regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. H1N1 is spread mainly from person to person through coughing or sneezing. Sometimes people may become infected by touching something with the flu viruses on it and then touching their mouth or nose. If you are having any of the above symptoms, please contact your health care provider for assistance.

As a School District, we are in contact with Scott County and the Minnesota Department of Health and we will be updated regularly.

Here are some ways to protect yourself and your family:

- If you or your child is sick, stay home from work, school, and social gatherings. Keep your distance from others to protect them from getting sick also.
- Avoid close contact with people who are sick.
- Handwashing is vital. Wash your hands often with soap and water for at least 20 seconds, especially after you cough or sneeze.
- Cover our nose and mouth with a tissue when you cough or sneeze. Throw the tissue away immediately after you use it.
- Try not to touch your eyes, nose or mouth. Germs often spread this way.
- Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious foods.

Our School Health Services Staff will be monitoring student health and checking on patterns in absences.

As a School District we will proceed with caution. We want to make sure that we do not panic but, we will continue to update you with information as it becomes available. As we receive additional updates they will appear on our district website at www.np.k12.mn.us or in email communications with our key communicators. If you have any questions or concerns, you can contact Director of Health Services, Cheryl Malecha at 952-758-1760 or myself at 952-758-1701.

Sincerely,

Craig Menozzi
Superintendent of Schools