



Education Services Center. 5776 S. Crocker Street. Littleton, Colorado 80120. 303.347.3300.

Dear Littleton Public Schools Parents and Staff,

There has been much in the news recently regarding swine flu and who may be at risk, cases that have been reported, etc. As you know, it is important that all of us use effective prevention strategies for any type of flu-like illness. In an effort to provide timely, accurate and helpful information, what follows is from the Colorado Department of Public Health:

**Signs and symptoms** of swine Influenza A are similar to those of seasonal influenza and include the following:

- Fever
- Lethargy
- Headache
- Body aches
- Cough
- Sore throat
- May experience diarrhea and/or vomiting

**Prevention Strategies:** Remember that swine Influenza A is passed from person to person, and not from pigs or from eating pork or pork products. Continue to use and reinforce prevention strategies such as:

- Routine hand-washing
- Cover coughs and sneezes with a tissue or by coughing or sneezing into your elbow
- Avoid others with respiratory illness
- Stay home if you have mild flu-like illness. This is regardless of travel history.

Additional information regarding the swine flu (swine Influenza A) and prevention strategies can be obtained by clicking on the links below:

<http://cdc.gov/swineflu>

[http://www.cdc.gov/swineflu/key\\_facts.htm](http://www.cdc.gov/swineflu/key_facts.htm)

If you have specific questions regarding your own health concerns, please consult with your physician. Let's all take responsibility for following prevention strategies as much as we can. It makes a difference.

Thank you,

Lucinda Hundley  
Assistant Superintendent of Student Support Services