

**April 30, 2009**

**Dear HPSHS Families,**

**As all of you know, there has been a great deal of media attention given to the H1N1 Novel Virus, which has been called Swine Flu. The health and well-being of our students and staff, along with providing a safe learning environment for them are the highest priority items for us.**

**Saint Paul Public Schools and HPSHS have no knowledge of any confirmed cases of the virus in St. Paul, including at Saint Paul Public Schools. I want to assure our families that the most accurate and responsible information regarding Saint Paul Public Schools will come from us, not news organizations.**

**We are working closely with State and Local public health officials to keep updated. Of course, this is a developing situation and there will be updates. For them, please continue to visit the District's website, [www.spps.org](http://www.spps.org). Also, rest assured that if there is urgent news regarding HPSHS, we will contact you directly.**

**The most important flu information is to be *preventative*.**

**The symptoms of H1N1 flu in people are similar to the symptoms of regular human influenza and include fever, cough, sore throat, body aches, headache, chills, and fatigue. Some people have also reported diarrhea and vomiting associated with swine flu. If your child is ill with these symptoms, it is best if they stay home. If they become ill at school, our nurse will see them and call home if they appear ill.**

**The Centers for Disease Control has issued the following suggestions to stay healthy: Please remind your students regarding the following:**

- \* Cover their nose and mouth with a tissue when they cough or sneeze. Throw the tissue in the trash after they use it.**
- \* Wash their hands often with soap and water, especially after they cough or sneeze. Alcohol based hands cleaners are also effective, but are not a replacement for soap and water.**
- \* Avoid touching their eyes, nose, or mouth, as germs are more easily spread through contact.**
- \* Please ask you child to avoid close contact with sick people. HPSHS students have many close friends and often hug before class. Ask them to think twice about hugging during this season . Influenza is thought to spread mainly person-to-person through coughing or through the sneezing of infected people.**
- \* Remind your child that we have opened the bathrooms in the industrial tech**

**area so that they can wash their hands before lunch. Students should notify the office or their teacher if we have run out of soap.**