



## Placer County Health and Human Services Department

Richard J. Burton, M.D., M.P.H.  
Health Officer and Department Director

Community Health, Clinics & Animal Services

Mark Starr, D.V.M., M.P.V.M.  
Community Health & Clinics, Director  
[mstarr@placer.ca.gov](mailto:mstarr@placer.ca.gov)

Patricia Orme, RN, PHN, MSN  
Community Health & Clinics, Assistant Director  
[porme@placer.ca.gov](mailto:porme@placer.ca.gov)

April 27, 2009

Dear Parents of Placer County Students,

Swine flu is a respiratory disease normally found in pigs, although humans sometimes contract the disease. A large outbreak of a new type of Swine Flu which is spreading from person to person has occurred in Mexico. Some cases are being reported in California, Texas and some other states. The Placer County Health and Human Services Department recognizes that parents are concerned about the Swine flu virus and is offering this precautionary alert to assist parents and community members in addressing those concerns.

The following recommendations to reduce the spread of the virus follow those most recently provided by the Centers for Disease Control and Prevention:

- Cover your cough: cover your mouth and nose with a tissue when you cough or sneeze. Throw the tissue in the trash.
- Wash your hands **often** with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose and mouth to avoid spreading germs.
- If you or your child is sick, stay home from work or school and limit contact with other people.
- Avoid close contact with people who are sick (hand holding, hugging, kissing, etc).
- Avoid sharing food, drinks, lip gloss with others.

There is no vaccine currently available to prevent this flu, however if you get sick, antiviral drugs can make your illness milder and make you feel better faster and may prevent serious flu complications. If you have some symptoms of the flu, such as fever, cough, sore throat, body aches, headache, runny or stuffy nose, chills, fatigue, diarrhea and vomiting, contact your health care provider who will determine whether flu testing or treatment is needed.

Sometimes emergency care is needed. For example, if you have difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion, severe or persistent vomiting. Children should be given emergency care only if they are seriously ill with symptoms such as fast breathing or trouble breathing, bluish skin color, not drinking enough fluids, or their flu-like symptoms improve but then return with fever and worse cough, or fever with a rash.

For the most up-to-date information, visit the U.S. Centers for Disease Control and Prevention web site, [www.cdc.gov/swineflu](http://www.cdc.gov/swineflu) and call the Placer County Flu Telephone line, 1-530-889-7161.

Sincerely,

**Richard J. Burton, M.D., M.P.H.**  
Health Officer and Department Director