



DR. FRANCES GALLO  
*Superintendent*

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May 6, 2009

Dear Central Falls students, families and staff:

The Central Falls School District (CFSD) is aware of the nationwide public health concern regarding swine influenza, or swine flu, cases reported in the United States. Families should remain calm, be aware and prepared. The district has plans in place to deal with any potential outbreaks and staff is prepared and has recently completed emergency preparedness training, including a pandemic flu exercise.

Symptoms of swine flu are similar to those of regular influenza and can include fever, cough, sore throat, chills, headache fatigue and body aches. Gastrointestinal symptoms such as vomiting and diarrhea may be present as well. The illness may last up to seven days, but people are considered to be contagious as long as symptoms persist. If you or your child is showing mild flu-like symptoms, monitor them and speak with your physician or school nurse.

The district wants to remind parents and staff members of the importance of prevention and how to stay safe.

#### **What You Can Do To Prevent the Spread of Swine Flu**

- Sneeze or cough into a tissue, elbow or sleeve.
- Wash your hands often with soap and water, especially after you cough or sneeze.
- Avoid touching your eyes, nose or mouth.
- Avoid physical contact with anyone who displays flu-like symptoms

Please remember that students should always stay home when they have any of the following symptoms: fever above 100 degrees, heavy nasal congestion, frequent cough, vomiting, diarrhea, blistering rash, or if your child has been diagnosed with a contagious illness.

**If you have any questions about swine flu**, please call the Rhode Island Department of Health at 222-5960 or [www.health.state.ri.us](http://www.health.state.ri.us) or visit the Centers for Disease Control Web site, [www.cdc.gov](http://www.cdc.gov), click on "I" for infectious disease and then "swine flu" in the right column.

Sincerely,

A handwritten signature in black ink that reads "Frances Gallo".

Frances Gallo