



# DUPAGE COUNTY HEALTH DEPARTMENT

111 North County Farm Road, Wheaton, Illinois 60187

(630) 682-7400

[www.dupagehealth.org](http://www.dupagehealth.org)

April 28, 2009

Dear Children, Students, Parents, and Staff in Child Care and Schools DuPage County:

You may have seen or heard the recent news about Swine Flu in other counties and in the United States. The Centers for Disease Control, the Illinois Department of Public Health and the DuPage County Health Department are all monitoring the current situation in order to provide the best actions and guidance for our community. **The best thing that we all can do is to remain calm but alert to what we can do to prevent illness.**

Swine influenza, swine flu, is a respiratory disease of pigs caused by type A influenza virus. Seasonal flu symptoms include fever, lethargy, lack of appetite and coughing. Reported swine flu symptoms also include runny nose, sore throat, nausea, vomiting and diarrhea.

The spread of this swine influenza A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

As of this afternoon, there are no cases of Swine Flu in DuPage County but the situation continues to be monitored through health care providers and our hospitals.

If you are returning from travel to Mexico, other effected areas, or have been in contact with someone who is sick, pay close attention to your health. If you become sick with a fever plus a cough, sore throat or have trouble breathing, see a doctor. Stay home if you are sick unless it is to get medical care. By limiting contact with others as much as possible, you can help prevent the spread of an infectious illness.

Since influenza is primarily spread by direct contact with nose and throat secretions, persons may prevent becoming sick with swine flu with a few simple actions:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- 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 or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

CDC has created a webpage with information and updates. Visit [www.cdc.gov/flu/swine](http://www.cdc.gov/flu/swine) or call 1-800-CDCINFO. In Spanish, [http://www.cdc.gov/swineflu/espanol/swine\\_espanol.htm](http://www.cdc.gov/swineflu/espanol/swine_espanol.htm)  
You can also visit the DuPage County Health Department Emergency Information webpage at [www.protectdupage.org](http://www.protectdupage.org)

Sincerely,

THE DUPAGE COUNTY HEALTH DEPARTMENT

Rashmi Chugh, M.D., M.P.H.  
Medical Officer

Maureen McHugh  
Executive Director

*Everyone, Everywhere, Everyday*

In an emergency go to [www.protectdupage.org](http://www.protectdupage.org) and tune into WDCB 90.9 fm radio.