



229 North Street  
Stamford, CT 06901

---

phone: (203) 324.6300 | fax: (203) 324.6310  
[www.stamfordacademy.org](http://www.stamfordacademy.org)

April 29, 2009

To the parent and guardians,

I am sure most of you have read the news and saw reports on television and other media regarding the outbreak of swine flu in Mexico and the United States. The Centers for Disease Control and the Connecticut Department of Public Health are monitoring this situation closely. To date, all of the cases in the United States have been mild, with only one requiring brief hospitalization. No deaths have been reported due to swine flu in the United States.

Swine flu is a respiratory illness. It is spread through respiratory droplets from individuals who are infected with the swine flu virus. You cannot get swine flu from eating pork products. The incubation period for swine flu (the short period of time when an individual has been exposed, but yet has not become symptomatic) is one to three days. If you or a family member has recently returned from a place where there are confirmed cases, you should look for symptoms such as fever, cough, sore throat, body aches, headache, chills, and fatigue. If you develop these symptoms please contact your health care provider immediately.

Each of us can help prevent the spread of the swine flu. You should:

- Cover your nose and mouth with tissue when you cough or sneeze.
- Wash your hands with soap and water, especially after you cough or sneeze. Alcohol-based hand sanitizers are also effective.
- Avoid touching your eyes, hands, and mouth with hands. Germs are spread that way.
- If you get sick, stay home from work or school and limit contact with others to keep from infecting them.

We will certainly keep you informed as the situation evolves. Information will be updated as needed on our website ([www.stamfordacademy.org](http://www.stamfordacademy.org)) If you have specific questions please contact the Stamford Department of Public Health Epidemiology Division at 203-977-4399. If you would like additional information, the following websites are recommended:

Center for Disease control – [www.cdc.gov/swineflu/](http://www.cdc.gov/swineflu/)

World health Organization – <http://www.who.int/csr/outbreaknetwork/en/>

Sincerely,

Michael McGuire  
Director



229 North Street  
Stamford, CT 06901

---

phone: (203) 324.6300 | fax: (203) 324.6310

*[www.stamfordacademy.org](http://www.stamfordacademy.org)*