

We know that recent news regarding the Swine Flu has raised some concerns. The La Joya ISD has been consulting with county health officials. Even though there have not been any confirmed cases of swine flu reported in Hidalgo County, we wanted to let you know that La Joya ISD does have a plan and that the initial steps of the plan have been implemented as a precaution. At this time, there is no reason for alarm and no reason to keep your child from attending school, unless they are sick.

Teachers and school administrators all over the district are making sure students wash their hands regularly. The custodial department is making sure there is plenty of soap in the restrooms and they are also making sure that the schools are being disinfected regularly.

Parents have been alerted from school administrators and teachers about the Swine Flu and how they could keep their family safe.

Staffs are increasing surveillance on students who are complaining of feeling ill. Those students will be sent to the nurse's office, which will then evaluate them and call the parents if they need to be picked up.

Approved
(Signature)
4/29/09

There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

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.

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.

At this time, our district officials are in close contact with the Hidalgo County Health Department. We will follow any recommendations that county officials deem necessary. If you have any questions regarding Swine Flu, please contact either the Hidalgo County Health Department at 318-2426 or you can call our Public Information Office at 580-6024.

Dear Parent/ Guardian,

We know that recent news regarding the Swine Flu has raised some concerns. The La Joya ISD has been consulting with county health officials. Even though there have not been any confirmed cases of swine flu reported in Hidalgo County, we wanted to let you know that La Joya ISD does have a plan and that the initial steps of the plan have been implemented as a precaution. At this time, there is no reason for alarm and no reason to keep your child from attending school, unless they are sick. We have included information from the Centers for Disease Control and Prevention regarding Swine Flu that includes steps you can take to help minimize the spread of the illnesses, including the flu. More information is also available online at <http://www.cdc.gov>.

What is swine flu?

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and not sustained beyond three people.

What are the signs and symptoms of swine flu in people?

The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

How does swine flu spread?

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.

How long can an infected person spread swine flu to others?

People with swine influenza virus infection should be considered potentially contagious as long as they are symptomatic and possible for up to 7 days following illness onset. Children, especially younger children, might potentially be contagious for longer periods.

What can I do to protect myself from getting sick?

There is no vaccine available right now to protect against swine flu. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

- * 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.

What is the best way to keep from spreading the virus through coughing or sneezing?

If you are sick, limit your contact with other people as much as possible. Do not go to work or school if ill. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Put your used tissue in the waste basket. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.

What is the best technique for washing my hands to avoid getting the flu?

Washing your hands often will help protect you from germs. Wash with soap and water, or clean with alcohol-based hand cleaner. We recommend that when you wash your hands -- with soap and warm water -- that you wash for 15 to 20 seconds. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.

What should I do if I get sick?

If you live in areas where swine influenza cases have been identified and become ill with influenza-like symptoms, including fever, body aches, runny nose, sore throat, nausea, or vomiting or diarrhea, you may want to contact their health care provider, particularly if you are worried about your symptoms. Your health care provider will determine whether influenza testing or treatment is needed. If you are sick, you should stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.

Can I get swine influenza from eating or preparing pork?

No. Swine influenza viruses are not spread by food. You cannot get swine influenza from eating pork or pork products. Eating properly handled and cooked pork products is safe.

*Approved
4/20/09*

Estimado Padre/Guardian,

Sabemos que noticias recientes con respecto a la influenza porcina ha levantado algunas preocupaciones. El distrito escolar de La Joya ha estado consultando con oficiales de salud del condado. Aunque no ha habido casos confirmados de la influenza porcina en el condado de Hidalgo, quisimos informarle que El distrito escolar de La Joya tiene un plan para la pandemia de influenza y que los pasos iniciales de ese plan han sido tomados como una precaución. En este momento, no hay razón para la alarma y ninguna razón de mantener a su niño de asistir la escuela, a menos que estén enfermos. Hemos incluido información del los Centros para el Control de la enfermedad con respecto a la influenza porcina que incluye pasos que usted puede tomar para ayudar a minimizar la transmisión de muchas enfermedades, incluso la influenza. Para más información, visite el <http://www.cdc.gov>.

¿Qué es la influenza porcina?

La influenza porcina (gripe porcina) es una enfermedad respiratoria en cerdos causada por los virus de la influenza tipo A. Los botes de infecciones de influenza porcina ocurren con frecuencia en los cerdos. Por lo general las personas no se contagian de influenza porcina, pero pueden ocurrir, y en efecto han ocurrido, infecciones en los seres humanos. En su mayoría, los casos de influenza porcina en seres humanos ocurre en personas que están en contacto cercano con cerdos, pero es posible que los virus de la influenza porcina se propaguen también de persona a persona.

¿Cuáles son los signos y síntomas de la influenza porcina en las personas?

Los síntomas de la influenza porcina en las personas son similares a los síntomas de la influenza común en seres humanos que incluyen fiebre, tos, dolor de garganta, dolores en el cuerpo, dolor de cabeza, escalofríos y fatiga. Algunas personas han reportado síntomas de diarrea y vomito asociados a la influenza porcina. En el pasado se han reportado enfermedades graves (neumonía e insuficiencia respiratoria) y muertes en casos de influenza porcina en las personas. Como ocurre con la influenza estacional, la influenza porcina puede agravar las afecciones crónicas subyacentes.

¿Cómo se contrae la influenza porcina?

La transmisión de la influenza de cerdo A (H1N1) virus es considerado de ser en la misma manera que se transmite la gripe. Los virus de la gripe son esparcidos principalmente de persona a la persona por la tos o estornudo de personas con influenza. A veces personas pueden llegar a ser infectados tocando algo con virus de gripe en ello y entonces tocando la boca o la nariz.

¿Qué puedo hacer para evitar enfermarme?

En el momento no hay disponible una vacuna contra la influenza porcina. Hay medidas que usted puede tomar diariamente para ayudar a prevenir la propagación de gérmenes que causan enfermedades respiratorias como la influenza. Siga estos pasos todos los días para proteger su salud:

- * Cubra la boca y la nariz con un pañuelo desechable al toser o estornudar. Tire el pañuelo en la basura después de usarlo.
- * Lave las manos a menudo con agua y jabón, especialmente después de toser o estornudar. Los desinfectantes para manos a base de alcohol también son eficaces.
- * Trate de no tocarse los ojos, la nariz ni la boca. Esta es la manera en que se propagan los gérmenes.
- * Trate de evitar el contacto cercano con personas enfermas.
- * Si se enferma de influenza, el CDC(Centro para el Control de la Enfermedad) recomiendan que se quede en casa, que no vaya al trabajo o a la escuela y que limite el contacto con otras personas para evitar infectarlas.

¿Por cuánto tiempo puede una persona infectada transmitir la influenza porcina a otras?

Se debe considerar que las personas infectadas por el virus de la influenza porcina son potencialmente contagiosas mientras manifiesten síntomas y posiblemente hasta 7 días después de que aparezcan los síntomas. Los niños, especialmente los más pequeños, pueden ser más contagiosos durante periodos más largos.

¿Qué es la mejor manera de controlar el esparcimiento del virus por toser o estornudar?

Si usted está enfermo, limita su contacto con otras personas lo más posible. No vaya al trabajo o escuela si está enfermo. Cubra la boca y nariz con un pañuelo al toser o estornudar. Puede prevenir ésos alrededor de usted de enfermarse. Tire el pañuelo en la basura después de usarlo. Cubra su tos o el estornudo si no tiene un pañuelo. Limpia las manos inmediatamente después cada vez que usted tose o estornuda.

¿Qué es la mejor manera para lavar las manos para evitar enfermándose?

Lavar las manos a menudo ayudara a protegerle de gérmenes. Lave con jabón y agua o limpie con un desinfectante para manos a base de alcohol. El CDC recomienda que se lave las manos-con jabón y agua tibia- para 15 a 20 segundos. Cuando jabón y agua no están disponibles, el desinfectante para manos a base de alcohol puede ser utilizado. Usted los puede encontrar en la mayoría de los supermercados y farmacias. Si utiliza el gel, frota las manos hasta que el gel sea seco. El gel no necesita agua para trabajar; el alcohol mata todos los microbios en las manos.

¿Qué debo hacer si me enfermo?

Si usted vive en áreas donde se ha confirmado casos de la influenza porcina y se enferma manifestado síntomas parecidos a la de influenza, que incluyan fiebre, dolores en el cuerpo, secreciones nasales, dolor de garganta, náuseas, vómito o diarrea, puede ponerse en contacto con su médico, en especial si le preocupan sus síntomas. Su médico determinará si es necesario hacerle pruebas de detección de la influenza o darle tratamiento. Si está enfermo, debe quedarse en casa y evitar el contacto con otras personas lo más posible para evitar contagiar su enfermedad a otros.

¿Me puede dar influenza porcina por comer o cocinar carne de cerdo?

No. Los virus de la influenza porcina no se transmiten en los alimentos. Usted no puede contraer la influenza porcina por comer carne de cerdo o sus productos derivados que han sido cocinados de manera adecuada.