



City of Milford, Connecticut

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HEALTH DEPARTMENT

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Health Director

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Dear Parents,

Public health officials within the United States and throughout the world are currently investigating outbreaks of swine influenza (swine flu). Swine flu is a respiratory disease of pigs caused by a type A influenza virus that regularly causes outbreaks of influenza among pigs. Swine flu viruses do not normally infect humans; however, human infections with swine flu do occur. Public health officials have determined that this strain of swine flu virus spreads from human to human and can cause illness.

It is important to know that, at this time, there are no known human cases of swine flu in Connecticut.

Health officials are worried that the swine flu virus may be able to spread from person-to-person. This would cause a worldwide flu outbreak, called a pandemic.

So even though there is no flu pandemic now, we want to remind you about some ways to protect your family from getting sick:

- Keep children who are sick at home. Don't send them to school.
- Teach your children to wash hands a lot with soap and water for 20 seconds. Be sure to set a good example by doing this yourself.
- Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow. Be sure to set a good example by doing this yourself.
- Teach your children to stay at least six feet away from people who are sick.
- People who are sick should stay home from work or school and avoid other people until they are better.

If you have questions, please contact your School Nurse or healthcare provider.

You can get more information from the Milford Health Department by calling 203-783-3285 or visit the Milford Health Department website at <http://www.ci.milford.ct.us/Public Documents/MilfordCT Health/health>. Updated information will be posted to the Milford Health Department website as it is received.

The federal government website with information on swine flu for individuals and families:
http://www.cdc.gov/swineflu/swineflu_you.htm

For information regarding pandemic influenza, please visit: <http://www.pandemicflu.gov>

Sincerely,

A handwritten signature in black ink, appearing to read "A. Dennis McBride".

A. Dennis McBride, MD, MPH
Health Director