Dear BVSD Staff and Parent/Guardian Community,

The following information is provided to the Boulder Valley School District by Boulder County Public Health:

**Background**
The Swine Influenza (H1N1) or “swine flu” is a respiratory disease, caused by type A influenza, that occurs in pigs. Generally, people do not get swine flu, but infections in humans, on occasion, do happen. Normally transmission is very limited. Currently, as of midday April 30, 2009, there are 109 cases of H1N1 flu with one death. There are now two confirmed cases of the virus in Colorado. This particular virus had not previously been seen in North America and investigations suggest human-to-human has occurred. The investigation is ongoing and information is changing rapidly.

**Signs and Symptoms**
- Signs and symptoms of the illness are consistent with that of regular seasonal flu:
  - a) Fever, cough, sore throat, runny nose, headache, muscle aches, in a few cases, vomiting and diarrhea
- Children who have a temperature over 100 F will be sent home from school immediately, and may not return to school for at least 7 days after symptoms have disappeared.

**Infectious Period**
- Incubation is generally 1-3 days, but can last as long as 7 days. Persons with swine influenza A (H1N1) should be considered potentially contagious for up to 7 days after the onset of symptoms.
- Persons who continue to have symptoms longer than 7 days will remain contagious as long as they have symptoms.

**Transmission**
- Swine influenza (H1N1) is thought to be transmitted the same way that seasonal flu spreads.
- Generally the flu virus is spread through coughing and sneezing. There is a small possibility that people may become infected after touching objects contaminated with viable flu virus.
- You cannot get the swine flu by eating pork products.

**Infection Control**
- The two critical things are to cover your cough/sneeze and wash your hands! Children or staff with symptoms of influenza should stay home from school/daycare.
- Boulder County Public Health is requesting that parents inform attendance personnel at the school if their child has been diagnosed with influenza.
- Parents should consider keeping their children home from school for seven full days (Swine Flu incubation period) if they have just returned from Mexico, even if they are not showing signs of illness. Influenza is most contagious a day or two before symptoms appear.

**School/Childcare Dismissal**
If it is determined that a child or staff member in a Boulder Valley School has been diagnosed with a probable or confirmed case of Influenza A (H1N1) while working in or attending school, the school will be closed for a period of time, not less than 7 calendar days. Parents should be aware of this and be prepared with contingency plans should they need to continue working.

Any schools with confirmed cases should contact Boulder County Public Health at 303-413-7500 or Broomfield Public Health and Environment Division at 720-887-2295.

Should the school or childcare facility close, all school/daycare related activities and meetings should also be cancelled.

School and officials are working closely with Boulder County Public Health and Broomfield Public Health and Environment for guidance during this outbreak.

Where can I find more information
- Centers for Disease Control (CDC):
- General information
  [http://www.cdc.gov/swineflu/general_info.htm](http://www.cdc.gov/swineflu/general_info.htm)
Swine flu and you facts
http://www.cdc.gov/swineflu/swineflu_you.htm

City and County of Broomfield Website
http://www.broomfield.org/hhs/swine_flu_information.shtml

Boulder County Public Health Website
www.BoulderCountyHealth.org

For further questions that cannot be addressed by this material:
Contact Boulder County Public Health at 303-413-7500 during normal business hours.
After hours questions can be answered by the Colorado Health Information Line at 1-877-462-2911.

Boulder Valley School District (with input from Boulder County Public Health and Broomfield Public Health and Environment)

Superintendent Chris King reiterated today that BVSD will follow the advice and direction of local public health leadership who are in regular contact with the Colorado Department of Public Health and the Environment (CDPHE) and appropriate federal health agencies including the Centers for Disease Control in Atlanta. Below you will find communication regarding Swine/H1N1 flu reviewed and approved by Boulder County and Broomfield County public health officials.

BVSD will also create today (4/30) a link from the front page of its website (www.bvsd.org) that will take people to a web page devoted solely to local public health updates and announcements including BVSD operational updates and links to local, state and federal websites.

This morning, local public health officials stressed to Dr. King and his team the following:

- Any child or staff member experiencing any flu-related symptoms – Fever greater than 100°F, sore throat, cough, stuffy nose, chills, headache and body aches, and fatigue should NOT come to school. Their parent or guardian should call their health care provider or clinic and follow the directions given. Children experiencing influenza symptoms need to stay home for seven days after onset of symptoms, or at least 24 hours after the symptoms have resolved whichever is longer.

- Families in which one or more members have recently travelled to a high-risk area should monitor each family member’s health carefully for any flu-related symptoms. If one member shows symptoms, all family members are requested to stay away from school or school-related functions,

- Common sense precautions e.g. washing hands thoroughly and often, coughing into a sleeve or tissue, wiping down countertops, etc. are strong preventative strategies.

Dr. King stated, as did the public health officials, we must count upon the common sense and cooperation of our communities.