



**KANAWHA CHARLESTON**  
**HEALTH DEPARTMENT**

108 Lee Street, East  
CHARLESTON, WV 25301  
(304) 348-1088

May 1, 2009

Dear Parents,

This letter is being sent to you to address any concerns you may have regarding your child's out-of-state school travel in relation to the outbreak in the United States and internationally caused by a new swine origin influenza virus (SOIV), or Influenza A (H1N1). It is very low risk that your child may have been exposed to the illness during their travel. We want to advise you to monitor your child's health over the next 7 days as a precautionary measure and to give you information on what to watch for if you child becomes ill.

The symptoms of H1N1 flu in people are similar to the symptoms of seasonal flu in humans and may include fever greater than 100°F or 37.8°C, sore throat, cough, stuffy nose, chills, headache, body aches, fatigue, diarrhea and vomiting. Severe illnesses such as pneumonia and respiratory failure, as well as death, have been reported with human H1N1 flu infection. Like seasonal flu, H1N1 flu may cause a worsening of underlying chronic medical conditions.

If your child is currently experiencing flu-like symptoms or develops flu-like symptoms over the next 7 days, report the illness to your health care provider immediately. When speaking with your healthcare provider, please be sure to inform them of your child's symptoms and recent travel.

If your child is sick, keep him/her at home except to get medical care or as instructed by your doctor. Avoid close contact with other people as much as possible. Do not send your child to school if (s)he is ill.

*Other measures* that you can take to prevent the spread of the illness are:

- If coughing or sneezing cover your nose and mouth with a tissue or your sleeve if you do not have a tissue.
- Throw used tissues in a trash can and after you cough or sneeze.
- Wash your hands with soap and water or use a 60% alcohol-based hand sanitizer.
- If you must leave your home, wear an approved mask to keep from spreading your illness to others.

If you visit your healthcare provider because of the above symptoms over the next seven days, please take this letter with you so they can **contact us** for the proper testing and treatment procedures.

For more information, please contact the Kanawha-Charleston Health Department at (304) 348-1088 or after hours call (304) 348-8080. Additional information is available at our website, [www.kchdvw.org](http://www.kchdvw.org) or [www.cdc.gov/swineflu](http://www.cdc.gov/swineflu).

Sincerely,



Rahul Gupta, MD, MPH, FACP  
Health Officer and Executive Director