



NEW HAMPSHIRE SCHOOL ADMINISTRATIVE UNIT 29

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Dear Parent/Guardian:

As we are all aware, the issue of Swine Flu has been in the news. The New Hampshire Department of Health and Human Services (DHHS) is monitoring the situation carefully and providing regular updates on its website which can be accessed at www.dhhs.state.us. Governor Lynch has established a telephone inquiry line for those who have questions about the outbreak or symptoms. This toll-free line (888-330-6764) can be accessed between 8:00 AM and 8:00 PM daily.

Department of Health and Human Services Commissioner Nicholas Toumpas has stated that his office is reaching out to the public to keep all informed and to offer preventive measures:

"At this point we are encouraging everyone to take common sense preventive measures to avoid becoming sick with this or any other illness and to prevent spreading it to others. These steps include washing your hands frequently, covering your mouth with your sleeve when you cough or sneeze, and also critically important staying home from work or school if you are sick."

The symptoms of Swine Flu are similar to seasonal influenza, including fever, sore throat, stuffy nose, chills, headache, backache and fatigue.

We have attached information on Swine Flu which you may find helpful:

- NH Health and Human Services Fact Sheet on *Swine Influenza*
- NH Health and Human Services sheet on *Swine Influenza Frequently Asked Questions*
- *Stay Healthy!* (simple common sense prevention tips)

For more information about Swine Flu, visit www.dhhs.nh.gov or the federal Centers for Disease Control and Prevention (CDC) at www.cdc.gov/swineflu.

Sincerely,

A handwritten signature in cursive script that reads "Wayne Woolridge".

Wayne Woolridge
Co-Superintendent of Schools