



FRISCO INDEPENDENT SCHOOL DISTRICT

In light of the recent concern surrounding Swine Influenza, Collin County Health Care Services (CCHCS) and the Denton County Health Department (DCHD) are working closely with the Texas Department of State Health Services (DSHS) and other agencies to provide updates and guidance for the public, schools, health providers and first responders

*Although we do not have any known cases in our area, we are doing everything possible to protect the health of our students and limit the spread of swine flu.*

FISD is in daily communication with the Collin and Denton County Health Departments, Homeland Security and is also receiving guidance from the Texas Education Agency. We want all of our students and staff to be as safe as possible and will take our lead from them as we continue to monitor the situation closely.

In addition, FISD has increased custodial staffing to enhance infection control efforts. FISD nurses are working with families to increase awareness and to enhance education efforts on hand-washing and coughing protocols. Our nurses will be sending students home with the flu-like symptoms of fever, vomiting and diarrhea and will be suggesting that they see their family physician. We will also be enforcing the school health guidelines (found in the student handbooks) regarding return to school.

Swine flu is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. Humans do not normally get swine flu but human infections can and do happen. Persons infected with swine influenza A (H1N1) may experience symptoms similar to regular human flu such as, fever, cough, sore throat, body aches, headache, chills and fatigue. *Please be aware that merely sneezing or coughing without a fever or other symptoms of the flu does not indicate a need for intervention. Many students will merely have seasonal allergies or asthma and do not pose a threat.*

**As with seasonal flu, those who may be ill should contact their health care provider for diagnosis and treatment.** Ill persons should limit their contact with others to avoid spreading the infection. This is especially important for households with small children and those with weakened immune systems.

Even though a small number of cases have been confirmed for Texas, **no probable or confirmed cases have been identified in Collin or Denton Counties at this time.** The cases reported in Texas have been generally mild.

In order to keep from getting the flu, please follow the following procedures:

- *Keep your child home from school if they are sick, and contact a health physician and your school if the child exhibits flu-like symptoms. Our nurses are reporting any flu case to the health departments daily and the health department is in communication with local physicians.*
- *Instruct children to cover their mouth and nose with a tissue when coughing or sneezing. It may prevent those around your child from getting sick.*
- *Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.*
- *Wash hands frequently to protect against germs. Wash with soap and water, or clean with alcohol-based hand cleaner.*
- *Avoid touching eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.*
- *Practice other good health habits. Keep yourself strong – and more resistant to disease – by getting plenty of sleep, staying physically active, managing stress, drinking plenty of fluids and eating nutritious food.*

For more information, please see the following resources and consult the district website for updates – [www.friscoisd.org](http://www.friscoisd.org):

- [Swine Flu Information](#) from the Centers for Disease Prevention and Control (CDC)
- [What is swine flu?](#) (CNN)
- [U.S. Dept. of Health and Human Services](#)
- [Update By Secretary Of Agriculture](#)
- [Pandemic Flu](#)
- Texas Department of State Health Services (DSHS) swine flu news releases, [www.dshs.state.tx.us/swineflu](http://www.dshs.state.tx.us/swineflu)