

ETOILE INDEPENDENT SCHOOL DISTRICT
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P.O. BOX 98
ETOILE, TEXAS 75944
ANDY TREKELL
SUPERINTENDENT

April 29, 2009

Dear Parent,

As you know there have recently been several cases of North American influenza (swine flu) diagnosed in several states including Texas. At this point, we are not highly concerned with the possibility of an outbreak on our campus. However, we are monitoring the situation and instructing staff and students to practice good hygiene.

According to the Center for Disease Control, the following steps help prevent the spread of the flu.

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. Clean your hands.

Washing your hands often will protect you from germs.

5. Avoid touching your 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.

6. Practice other good health habits.

Get plenty of sleep, be physically active, manage stress, drink plenty of fluids, and eat nutritious food.

The safety and health of your children is our main priority. You may find more information on this subject at <http://www.dshs.state.tx.us/swineflu/default.shtm>. If you have any questions please contact the school.

Sincerely,

Andy Trekell
Superintendent