

# La Paz County Health Department

Marion Shontz, Director

Public Health Emergency Response  
and Preparedness (PHERP) Office  
1320 Joshua Ave Suite A  
Parker, Arizona 85344



Environmental Health Office  
Public Health Nursing Office  
1112 Joshua Avenue #206  
Parker, AZ 85344

PHONE: (928) 669-9364  
FAX: (928) 669-1939

PHONE: (928) 669-1100  
FAX: (928) 669-6703

---

September 9, 2009

Dear Parent or Guardian,

The United States is still experiencing cases of H1N1, formerly known as "Swine Flu." It is important to take steps to limit the exposure and potential spread of this illness.

The symptoms of H1N1 are similar to those of regular influenza: high fever, cough, sore throat, runny nose, body aches and nausea and diarrhea in some cases. Treatment of H1N1 is the same as seasonal influenza: stay in bed, rest and drink plenty of fluids. If you are concerned about your symptoms, contact your primary care doctor.

You play an important role in how the flu will affect our schools and ultimately the health of our community. By taking the following actions, you can help us cut down the rate of flu transmission drastically in our community:

- 1.) **KEEP YOUR KIDS HOME WHEN THEY ARE SICK:** When a child comes to school sick, he/she can infect classmates at amazing rates. If too many kids are sick at school, we may be required to implement extreme measures such as closing the school, which has a negative effect on all of us. Keep your child home until he/she is fever free for 24 hours without the use of fever reducing medications.
- 2.) **Teach your kids good hygiene:** This means teaching them how to cover coughs/sneezes with the crook of their elbows/sleeves, good hand washing habits and to keep their hands away from their face.
- 3.) **Consider seasonal flu vaccine:** Although there won't be a vaccine for the H1N1 flu until later this fall, our regular seasonal flu vaccine should be available in October. The greater number students (and staff) who are vaccinated with seasonal flu vaccine, the better chance we have of keeping this virus from jumping from child to child in our schools and then bringing it home to your family. Ask your child's doctor about seasonal flu vaccine.

For more information on H1N1 go to [www.stopthespreadaz.org](http://www.stopthespreadaz.org) Let's work together to keep our children and community healthy.

Thank you,

A handwritten signature in cursive script that reads 'Marion Shontz'.

Marion Shontz  
La Paz County Health Director