

Mayor
Dannel P. Malloy



Director
Johnnie A. Lee, MD, MPH, FACP

CITY OF STAMFORD
DEPARTMENT OF HEALTH & SOCIAL SERVICES

April 26, 2009

To the Stamford Public Schools Community,

Most of you may be aware of recent reports regarding confirmed cases of swine flu in the United States and Mexico. There are no confirmed cases of swine flu in Connecticut. The Centers for Disease Control and the Connecticut Department of Public Health are monitoring the situation very closely. To date, all of the cases in the United States have been mild, with only one requiring brief hospitalization. No deaths have been reported due to swine flu in the United States.

Swine flu is a respiratory illness. It is spread through respiratory droplets from individuals who are infected with the swine flu virus. You cannot get swine flu from eating pork products. The incubation period for swine flu (the short period of time when an individual has been exposed, but has not yet become symptomatic) is one to three days. If you or a family member have recently (within the past three days) returned from a place where there are confirmed cases, you should look for signs and symptoms of influenza which include fever, cough, sore throat, body aches, headache, chills, and fatigue.

If you develop any of these symptoms, you should be evaluated by your health care provider immediately. If you are diagnosed with influenza, there are medications which can be prescribed to treat your illness. The recently discovered strain of swine flu responds to medications that your doctor can prescribe for you.

Each of us can help prevent the spread of swine flu. The following actions are recommended to prevent the spread of influenza:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands with soap and water, especially after you cough or sneeze. Alcohol-based hand sanitizers are also effective.
- Avoid touching your eyes, nose, and mouth with your hands. Germs are spread that way.
- If you get sick, stay home from work or school and limit contact with others to keep from infecting them.

We will certainly keep you informed as this situation evolves. Information will be updated as needed at www.stamfordpublicschools.org and a www.cityofstamford.org. If you have specific questions, please contact the Stamford Department of Public Health Epidemiology Division at 203-977-4399. If you would like additional information, the following websites are recommended:

Centers for Disease Control - www.cdc.gov/swineflu/

World Health Organization - <http://www.who.int/csr/outbreaknetwork/en/>

Sincerely,

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Director of Health & Social Services
and School Medical Advisor

Joshua P. Starr, Ed.D
Superintendent of Schools