



William R. Hite, Jr., Ed.D.
Interim Superintendent of Schools

April 29, 2009

Dear Students, Parents, and PGCPS Employees:

Due to the outbreaks of swine flu across the United States, Prince George's County Public Schools (PGCPS) is working to keep you informed and updated on the current swine flu situation. Being prepared and taking preventative measures are essential in keeping you and your family members protected.

PGCPS is ensuring that all schools are stocked with soap and paper towels in the bathrooms for frequent hand washing by students and staff. Every public school bathroom in the county has a sticker detailing appropriate hand washing.

Swine Flu is a virus that can be passed from person to person. The virus in people is characterized by fever (above 100 degrees), sore throat, cough, body aches, headaches, chills, diarrhea and fatigue. Not all individuals will suffer from all of the symptoms.

If you are experiencing any or all of the above symptoms, we ask that you contact your health care provider, your student's school nurse, the PGCPS Office of Health Services, or the Prince George's County Health Department immediately. Parents, please do not send your children to school if they are sick. Staff, please stay home if you are ill. Staying away from public places decreases the probability of spreading illnesses.

The best way to prevent seasonal flu is to get vaccinated each year. However, practicing good health habits can help to stop the spread of germs and prevent respiratory illnesses like the flu. Below are good health habits to practice.

- **Clean your hands** – Wash your hands often with soap and water. Use antibacterial products when water is not available. PGCPS building supervisors have been diligently working to ensure that our schools are stocked with soap and paper towels in all bathrooms.
- **Cover your mouth and nose** – Use a tissue to cover your mouth and nose when coughing or sneezing. Dispose of any tissue promptly and carefully.
- **Avoid touching your eyes, nose, and mouth** – Germs are often spread when a person touches something that is contaminated and then touches their eyes, nose and mouth.
- **Avoid close contact** – Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from becoming sick.
- **Avoid sharing cups and glasses** – Do not share drinks or drink after someone.

(More)

- **Practice other good health habits** – Get plenty of sleep, be physically active, drink plenty of fluids, and eat nutritious foods.

For additional information regarding Swine Flu, please contact the Centers for Disease Control Web site at www.cdc.gov/swineflu .

Your help is appreciated in maintaining safe and healthy learning environments in all Prince George's County public schools and offices.

Sincerely,

A handwritten signature in black ink, appearing to read 'W. R. Hite, Jr.', written in a cursive style.

William R. Hite, Jr. Ed.D
Interim Superintendent of Schools