

*Greater Egg Harbor Regional High School District*  
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Dear Parents, Guardians and Staff:

We are writing to inform you of a health issue that has received considerable attention in the media and is understandably a concern for all of us. A small number of individuals across the country have been reported to have Swine Influenza, or "swine flu." Swine Influenza is a highly contagious acute respiratory disease of pigs caused by one of several swine influenza A viruses. Although Swine Influenza viruses are normally species specific and only infect pigs, they do sometime cross the species barrier to cause disease in humans. Symptoms of the swine flu mimic or copy the symptoms of the human flu virus, including an ill feeling, high fever, cough and/or sore throat. People usually get swine influenza from infected pigs, however, some human cases lack contact history with pigs or environments where pigs have been located. Human to human transmission has occurred in some instances but is limited to close contact and closed groups of people. According to the World Health Organization, swine influenza has not been shown to be transmissible to people through eating properly handled and prepared pork or other products derived from pigs. The swine influenza virus is killed by cooking temperatures of 160 degrees Fahrenheit/ 70 degrees Celsius, corresponding to the general guidance for the preparation of pork and other meat.

The Greater Egg Harbor Regional High School District has had **NO** diagnosed cases of swine influenza.

You and your family can help prevent the spread of any potential swine flu (as well as flu or the common cold) by following sound hygiene practices:

- Avoid close contact with people who appear unwell and who have fever and cough.
- Wash your hands with soap and water frequently and thoroughly.
- Practice good health habits including getting adequate sleep, eating nutritious food, and keeping physically active.

If there is an ill person at home:

- Try to provide the ill person a separate section in the home. If this is not possible, keep the patient at least one meter in distance from others.
- Cover mouth and nose when caring for the ill person. Masks can be bought commercially or made using readily available materials as long as they are disposed of or cleaned properly.
- Wash hands with soap and water thoroughly after each contact with the ill person.
- Try to improve the airflow in the area where the ill person stays. Use doors and windows to take advantage of breezes.
- Keep the environment clean with readily available household cleaning agents.

If you feel ill, or have high fever, cough and/or sore throat:

- Stay home and keep away from work, school or crowds as much as possible.
- Rest and take plenty of fluids.
- Cover your mouth and nose with disposable tissues when coughing and sneezing and dispose of the used tissues properly.
- Wash your hands with soap and water frequently and thoroughly, especially after coughing or sneezing.
- Inform family and friends about your illness and seek help for household chores that require contact with other people such as shopping.

If you need medical attention:

- Contact your doctor or healthcare provider before traveling to see them and report your symptoms. Explain why you think you have swine influenza. Follow the advice given to you for care.

The Greater Egg Harbor Regional High School District remains committed to protecting the health, safety and welfare of its students and staff. District officials will continue to monitor this situation and maintain communication with local and state health officials. In closing, the district is prepared to implement our emergency management protocols if necessary. For additional information, please visit our district websites ([gehrhsd.net](http://gehrhsd.net), [absegami.net](http://absegami.net), [oakcrest.net](http://oakcrest.net)).

Sincerely,

Adam C. Pfeffer, Ed.D.  
Superintendent