



Charlie Crist
Governor

Ana M. Viamonte Ros, M.D., M.P.H.
State Surgeon General

Lillian Rivera, RN, MSN, PhD, Administrator

May 11, 2009

Dear Parent or Guardian,

As a follow-up to outbreaks of novel influenza A (H1N1) virus in Florida and the U.S. and recent cases of H1N1 reported in the Miami-Dade area, the purpose of this letter is to outline the symptoms of H1N1 and to provide recommendations for prevention of further spread. In order to ensure the safety of our families, schools, and community, please consider the following as guidance for identification of and response to possible H1N1 infection.

H1N1 is a type of influenza virus that causes respiratory disease and can spread from person-to-person. Symptoms include:

- Fever (100°F or 37.8°C and higher)
- Cough
- Sore Throat
- Body aches
- Headache
- Chills and fatigue
- Occasionally, vomiting and diarrhea

We advise you to monitor your children for these symptoms and if they begin feeling ill, please go to a medical provider. Children that are ill should stay home and not attend school for 7 days after they become ill even if symptoms disappear sooner. Children who are still sick 7 days after they become ill should continue to stay home from school and child care programs until at least 24 hours after symptoms have resolved. To prevent the spread of flu to you and your children, please remember to:

- Cover your mouth when coughing or sneezing
- Use tissues when you sneeze and throw them away- DO NOT reuse a tissue
- Wash your hands often with soap and water for 20 seconds
- Avoid sharing personal items, such as cups, silverware or bath towels
- Stay away from people who are sick
- Please do not have your children interact with others in large crowds or extracurricular activities
- Stay home as much as possible during this time
- Siblings that attend another school should go to school unless they have symptoms

Please be assured that we are doing everything possible to keep your child/children safe at school. We are closely monitoring the situation and working with the schools to follow sanitary measures to reduce the spread of disease. Thank you for your assistance and please call (305) 470-5660 if you have any questions.

Sincerely,

A handwritten signature in black ink, appearing to read "Fermin Leguen".

Fermin Leguen, MD, MPH
Chief Physician



Fermin Leguen, MD, MPH, Chief Physician
Miami-Dade County Health Department
8600 NW 17th Street, Suite 200
Phone: 305-470-5660 Fax: 305-470-5533
Website: www.dadehealth.org Email: Fermin_Leguen@doh.state.fl.us

