



Lynden Christian Schools

Bellingham-Evergreen Campus: Preschool – 6th Grade

Lynden Campus: Preschool – 12th Grade

May 1, 2009

Dear Students, Families, and Staff:

As you are aware, there have been confirmed cases of Swine Flu reported across the United States in the last few weeks. However, there are no confirmed cases of Swine Flu in Whatcom County. Lynden Christian Schools is working with the Whatcom County Health Department to monitor the situation, and families will be updated with any important information.

Symptoms of Swine Flu:

Swine Flu in people is characterized by fever (100° or more), sore throat, cough, body aches, headaches, chills, and fatigue. The illness may last up to seven days, but people are considered to be contagious as long as symptoms persist. If you or your child have mild flu-like symptoms, monitor and telephone your physician to consult if necessary.

We want to remind parents and staff of the importance of prevention and how to stay safe.

What You Can Do To Prevent the Spread of Swine Flu:

- Sneeze or cough into a tissue, elbow or sleeve. Throw the tissue in the trash after use.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol based hand sanitizers are also effective.
- Avoid touching your eyes, nose or mouth. Germs can be spread that way.
- If you are sick, stay home.
- Fever (100° or more), cough, sore throat, body aches, headache, chills, fatigue.

Please remember that students should stay home when they have any of the above symptoms.

(Health officials point out that their recommendations may change during the course of the swine flu outbreak.)

Parents and guardians are also advised that there is the possibility that the Whatcom County Health Department may require that a school(s) needs to close. We pray that this will not occur for us or anyone else in Whatcom County. In such a case, we will provide guidelines for staff and families.

For more information on the Swine Flu please visit any of the following Web sites:

www.cdc.gov/swineflu/

www.doh.wa.gov/swineflu

If you have any further questions, please do not hesitate to give us a call at school.

Sincerely,

Henry D. Kōk
Superintendent
Lynden Christian Schools