

Swine Flu Concerns

Berkshire Hills Regional School District Health Services are being proactive in dealing with concerns about swine flu. At this point, there have been no reported cases of swine flu in Massachusetts. We will continue to monitor for any signs of illness in our students, and will contact parents if we feel a medical evaluation is needed for their student.

Currently there is no vaccine, but there are things that everyone should do to avoid any type of flu like illness:

1. Wash your hands often with soap and water. Alcohol-based hand sanitizers are also effective.
2. Cover your mouth and nose with a tissue, or cough and sneeze into your sleeve. Throw used tissues in the trash.
3. Avoid touching your eyes, nose or mouth because germs are spread this way.
4. Stay home from work or school if you have symptoms of a flu-like illness, especially fever. Limit contact with others to keep from infecting them.

We are receiving updates from the Massachusetts Department of Public Health regularly, and will inform families via the district website if there is a change in any information.

Further information on Swine Flu may be obtained at www.mass.gov/dph/flu and www.cdc.gov/swineflu

Translations of the Swine Flu Fact Sheet in Portuguese and Spanish are available on the Massachusetts website, www.mass.gov/dph/flu .

Sincerely,

BHRSD School Health Services