



Charlie Crist
Governor

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

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RE: Influenza-Like Illnesses, or I L I

Dear Parents/Guardian and Students:

The Osceola County Health Department and Florida Department of Health are actively monitoring the current swine influenza situation in the United States and beyond.

The Florida Department of Health is also proactively responding to this event by enhancing surveillance and monitoring efforts for influenza across the state. Furthermore, in partnership with the Centers for Disease Control and Prevention, the Florida Department of Health has the capability needed to detect novel influenza viruses.

Since seasonal influenza season has not officially started, any influenza occurring now will be carefully assessed to see if it is due to the new strain H1N1. Some good hygiene tips to adhere to are:

1. Practice good respiratory etiquette by covering your cough.
2. Frequent hand washing can lessen the spread of respiratory illness.
3. Stay home if you are sick.

The symptoms of swine flu in people are similar to the symptoms of regular human flu and include

- Fever / chills
- Cough
- Sore throat
- Body aches
- Headache
- Fatigue

Occasionally diarrhea and vomiting are associated with it. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions such as asthma.

For more information, please visit the CDC's Web site at: <http://www.cdc.gov/swineflu> or call 1-800-CDC-INFO.

Thank You,
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