



# COUNTY OF KENOSHA

John Jansen  
Department of Human Services

Frank G. Matteo, Director  
Division of Health  
8600 Sheridan Road, Suite 600  
Kenosha WI 53143-6515  
Phone: (262) 605-6700  
Fax: (262) 605-6715

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Dear Parent or Guardian,

The Kenosha County Division of Health along with the Kenosha Unified School District is continuing to monitor the outbreak of swine flu in the United States. Swine flu is spread similar to seasonal flu. Flu viruses are spread mainly from person to person through coughing or sneezing. People may also become ill by touching their mouth or nose with germs on their hands.

Although local, state, and federal agencies are working to contain this outbreak, there are simple steps you can do at home to keep your family healthy. These prevention steps include:

- Cover your nose and mouth with a tissue when you cough or sneeze, or cough/sneeze into your sleeve. If you use a tissue, throw it in the trash after use and wash your hands.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Try to avoid close contact with sick people.
- If you get sick, stay home from work or school and limit contact with others to keep from infecting them.
- Avoid touching your eyes, nose or mouth to reduce the spread of germs.

The health department is urging residents who recently visited Mexico or the affected states and are experiencing influenza-like symptoms, or have been in contact with sick persons from these areas, to contact their health care provider. Symptoms of influenza include:

- fever greater than 100 degrees
- body aches
- coughing
- sore throat
- respiratory congestion
- and in some cases diarrhea and vomiting

For more information, please contact the Kenosha County Division of Health at (262) 605-6700 or (800) 472-8008.

Sincerely,

Frank G. Matteo  
Health Officer/Director

Joseph T. Mangi  
Superintendent of Schools