



BREMEN HIGH SCHOOL DISTRICT 228

15233 Pulaski Road ~ Midlothian, IL 60445
Phone: 708/389-1175 ~ Fax: 708/389-2552
Web: www.bhsd228.com

Bremen High School 708/371-3600
Tinley Park High School 708/532-1900

Hillcrest High School 708/799-7000
Oak Forest High School 708/687-0500

H1N1 (SWINE FLU) PRECAUTIONARY MEASURES

April 29, 2009

Dear Parents, Students, Staff & Community Members:

As you are probably aware, an outbreak of H1N1 (swine flu) has caused the United States to issue a public health emergency. Although we do not have any known cases in our school community, rest assured that we are doing everything possible to protect the health of students, staff and community members who are in our buildings.

You are encouraged to take action to prevent the spread of germs by avoiding close contact with those who are sick, staying home when you are sick, covering your nose and mouth when you cough or sneeze, frequently cleaning your hands, and avoiding contact with your eyes, nose and mouth. You are also encouraged to practice good health habits by getting plenty of sleep, exercising regularly, managing your stress, drinking plenty of fluids, and eating nutritious foods.

Let me assure you that the health and well-being of our entire school community is important to us. Please feel free to contact my office if you have any questions or concerns.

Sincerely,

Bill Kendall
Superintendent

/ld

PREVENTING H1N1 (SWINE FLU)

- Cover your nose & mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Cover your nose & mouth with your sleeve when you cough or sneeze if you do not have a tissue.
- Wash your hands with soap & water, especially if you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Try to avoid close contact with sick people.
- If you become sick, stay at home & avoid contact with other people as much as possible to keep from spreading your illness to others. Contact your physician.

Additional information is available at the
Center for Disease Control (CDC) at:

<http://www.cdc.gov/swineflu/>