

**COUNTY OF MORRIS**  
**DEPARTMENT OF LAW & PUBLIC SAFETY**  
**OFFICE OF HEALTH MANAGEMENT**

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May 1, 2009

Dear Parent/Guardian,

The Morris County Office of Health Management and your local Health Department are monitoring the current Swine Flu outbreak. At this time, the Centers for Disease Control (CDC) has confirmed 5 cases of H1N1 Swine flu in New Jersey. None of these confirmed cases are in Morris County. Most individuals who have reported this illness in other states have had mild symptoms and recovered in 7 days. In the United States the H1N1 Swine Flu symptoms are similar to regular human flu and include fever, cough, sore throat, body aches, head aches, chills and fatigue.

There are effective methods of prevention that help minimize risk. Good hygiene habits such as washing your hands frequently with soap and water will greatly reduce the chance of getting sick. Covering coughs and sneezes is important as well. If you or your child is sick, please stay home. The New Jersey Department of Health and Senior Services (NJDHSS) and the CDC recommend anyone with flu symptoms to remain home for 7 days, or 24 hours after all symptoms disappear. In the event that cases are confirmed within a particular school, your local Health Department may recommend that certain schools be closed to slow the spread of illness. This will be done in consultation with your local School Superintendent.

If your child develops flu symptoms, keep your child at home and immediately report the absence to your school. These measures will slow the spread of the virus and assist Public Health Officials as they work to contain the outbreak.

You are welcome to visit our Morris County Health Office website at [www.morrishealth.org](http://www.morrishealth.org) for more information. If you have specific questions the State of New Jersey has opened up a 24 - hour hotline. That phone number is 1-866-321-9571. Should you have any additional questions we encourage you to contact your local Municipal Health Officer.

Rest assured that your School Administration and local Health Department are working in unison with Morris County officials to minimize the risk to your children.

Sincerely,

*Peter Summers*

Peter Summers

Morris County Health Officer