



**Date:** April 27, 2009  
**To:** Landmark College Community  
**From:** Simonne Holton, Director of Health Services  
**RE:** Information on the Swine Influenza

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As you have undoubtedly heard by now, a swine flu outbreak has occurred in Mexico, with over 1600 cases and 100 deaths being reported.

In the United States, about 20 cases have been reported over a number of states. All 20 cases have had mild influenza-like illness with only one requiring brief hospitalization. No U.S. deaths have been reported.

At the present time, there have been no reported cases of the swine flu in Vermont, Massachusetts, New Hampshire or Maine. In New York, there have been 8 cases reported in an isolated situation; where a number of students had just returned from a trip to Mexico.

The Centers for Disease Control and World Health Organization are actively monitoring and studying this outbreak. You can find out more about this health concern at the following websites:

- Centers for Disease Control - <http://www.cdc.gov/swineflu/>
- Vermont Department of Health - <http://healthvermont.gov>

The Centers for Disease Control also recommends everyday actions people can take to stay healthy:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Try to avoid close contact with sick people. Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.

**If you are experiencing flu symptoms, please make an appointment with Health Services to be evaluated at (802) 387-1636.**