



Bentley-Settle Building  
120 Walton Street, Suite 500  
Syracuse, New York 13202

April 29, 2009

Dear Residents, Families and Staff:

As you have heard in the news, public health officials in the United States and around the world are investigating cases of swine influenza (swine flu). While I share with you the hope that this will be a short and localized issue, I want to take this opportunity to provide you with important information regarding prevention, symptoms and steps Peregrine Health Management Communities are taking to reduce our risk.

The most important steps we can take are also the easiest. According to the National Centers for Disease Control (CDC) this is "what you can do 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.

It is most important to remember that Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people. If you get sick, CDC recommends that you stay home and limit contact with others to keep from infecting them. The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu.

We are asking our staff to be extra diligent in cleaning and disinfecting both community spaces and residents rooms. We are asking staff that if you experience any of these symptoms please contact your supervisor immediately. For family members, if you are experiencing these symptoms please contact your physician and refrain from visiting the community until your physician clears you. We will be staying vigilant to this issue and ask that you do the same.

I want you know how seriously we take the care and quality of life of our residents. As with many contagious diseases, the elderly can be especially susceptible. The CDC has an excellent web site for more information regarding swine flu <http://www.cdc.gov/swineflu/>. CDC also has a 24 hour hot line at 800-232-4636. Please feel free to contact me or your community administrator with any questions.

Sincerely,

Robert J. Collins  
Director of Operations