



9-10-09

Dear Parents and Guardians:

### **Pandemic H1N1 Flu (Swine Flu) Information for Parents**

Pandemic H1N1 influenza (flu) has been circulating in Shasta County throughout the summer. Your child's school and the County Public Health Department are working together to limit flu transmission at schools. We are asking parents to do their part to protect our school children.

#### **Please teach your children to:**

- **Avoid close contact** with people who are sick with cough and fever.
- **Stay home when sick** with a respiratory illness and maintain distance from other people to prevent spread of illness.
- **Wash hands often** with soap and water for at least 20 seconds. Alcohol-based hand sanitizers also reduce the spread of the flu.
- **Cover coughs and sneezes** with tissues or by coughing into the inside of the elbow.
- **Avoid touching eyes, nose and mouth** to prevent the spread of germs.

**Students with flu-like symptoms should not attend school until at least 24 hours after they are free of fever without the use of fever-reducing medications like acetaminophen (eg. Tylenol) or ibuprofen (eg. Motrin)**

**and should avoid contact with others.**

- **Flu-like symptoms include:** fever (over 100), cough, body aches, feeling extremely tired, and sore throat, and less commonly, runny or stuffy nose. Additional symptoms may include vomiting and diarrhea.
- **Public health officials** have advised that students can –and should– continue to come to school as long as they are not sick and do not have flu-like symptoms.

**There are separate vaccinations for seasonal flu and H1N1 flu this year.**

Seasonal flu vaccine is available at some private providers and will be available through Public Health. Vaccine that protects against H1N1 will not be available until mid-October.

Thank you for your cooperation in keeping our children and our schools healthy. If you have questions, please contact your child's school or the District Nurse at 225-8040, or Shasta County Public Health at 225-5591. Information is available on the Shasta County Public Health website ([www.shastapublichealth.net](http://www.shastapublichealth.net)).

