



# Anderson Union High School District

1469 Ferry St., Anderson, CA 96007 • (530) 378-0568 • FAX (530) 378-0834

Tim Azevedo, Superintendent

September 10, 2009

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 the spread of illness.
- **Wash hands often**, with soap and hot 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. Wash hands after blowing nose or coughing into a tissue.
- **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, e.g. Tylenol, or ibuprofen, e.g. Motrin), and should avoid contact with others.**

- **Flu-like symptoms include:** fever (over 100° F), cough, body aches, feeling extremely tired, and sore throat, and, less commonly, runny or stuffy nose. Additional symptoms may include vomiting or 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 symptoms.

**There are separate vaccinations for seasonal flu and the Pandemic H1N1 flu this year.** Seasonal flu vaccine is available at some private providers and will be available through Public Health. Vaccine that protects against Pandemic 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 Brian Hovinga RN District Nurse (530) 510-0170 or Shasta County Public Health at (530) 225-5591. Information is available on the Shasta County Public Health website ([www.shastapublichealth.net](http://www.shastapublichealth.net)).

Sincerely,

Tim Azevedo  
Superintendent