



Dear Parents/Guardians:

San Diego Unified is working with the County of San Diego Public Health staff to monitor the flu situation in our schools. Together we are making decisions about the best steps to take to protect the health of our students and staff. Please read the following information:

1. Know the signs and symptoms of the flu: Fever of 100°F (37.8° C) or greater **AND** a cough and/or sore throat. A runny or stuffy nose, body aches, headache, vomiting or diarrhea can also accompany flu. If your child has flu-like symptoms and has another health condition, such as asthma, immune system problem, neuromuscular disorders, diabetes, sickle cell anemia or pregnancy, call your doctor for additional instructions.
2. If your child has flu-like symptoms, do not send him or her to school. Children should only return to school when their fever is gone for 24 hours without the aid of fever-reducing medicine. A doctor's note is **not** required to return to school when a child has been free of fever for 24 hours. Please remember, do not give aspirin to children with flu-like symptoms.
3. Consult with your child's doctor or a health department clinic about getting your child vaccinated for seasonal and H1N1 flu as soon as possible. The 2009 H1N1 flu vaccine is recommended for children even if they may have already had H1N1 influenza.
4. You will be notified if there is an outbreak of flu in your child's school or classroom. The California Department of Public Health defines an outbreak as 20% of students (minimum of five students) in a classroom or other close setting that exhibit flu-like symptoms within a seven day period. In most circumstances, students who are well should continue to attend school. This includes the well siblings of ill children.
5. Here are some ways you can protect yourself and your family:
 - Practice frequent hand-washing, especially after coughing or sneezing: 20 seconds with soap and water or use a hand sanitizer. The most effective hand sanitizers are made with at least 60% alcohol.
 - Cough and sneeze into a tissue or into your elbow or shoulder. Dispose of used tissues in the trash and wash your hands.
 - Teach children not to share personal items such as drinks, food or unwashed utensils.
 - Stay away from other people who are sick.

Thank you for your cooperation as we continue to work together to protect our students and school community during this national health emergency. For more information, please visit www.sandi.net/H1N1, call (619) 260-5409 or e-mail H1N1@sandi.net.

Sincerely,

Donna S. Tripi
Principal