



Dear Parents and Guardians,

As you may know, the H1N1 flu virus is present in our community, state and throughout the nation. Our school district is working closely with County of San Diego Public Health Services to monitor flu conditions and to make the best decisions concerning our schools. We are doing everything we can to keep our school open while protecting the health and safety of students, staff and the community.

To do this, we need your help. Because all influenza or “flu” viruses can easily spread from person to person, here are some ways to protect you and your family from getting sick.

- **Teach your children to wash their hands often** with soap and water or use a hand-sanitizer that is at least 60% alcohol. Adults can set a good example by doing this too. Students may bring small containers of hand sanitizer to school for their own personal use with parent knowledge and permission. **Please notify the school if your child has an allergy to hand sanitizer or you do not want your child to use it at school.**
- **Teach your children not to share personal items** like drinks, food or unwashed cups/utensils, pencils, pens, or cell phones.
- **Teach your children to cover coughs and sneezes** with tissues (tissue should go in the trash after use) or by coughing into their sleeve or the inside of their elbow. Be sure to set a good example yourself. Avoid touching eyes, nose or mouth since germs spread this way.
- **Know the signs and symptoms of the flu.** Flu-like symptoms consist of fever (100°F and above) with cough. Other symptoms include sore throat, chills, aches, headache, runny or stuffy nose, nausea, and vomiting.
- **Keep sick children at home** for at least 24 hours after the fever is gone without using fever reducing drugs. Keeping children with a fever at home will reduce the number of people who may get infected. High-risk students who may infect other high-risk students may have to stay home at least 7 days.
- **Do not send children to school if they are sick.** Children who are determined to be sick at school will be sent home.
- **Check with your health care provider about getting yourself and your children vaccinated for seasonal (regular) flu soon and H1N1 flu when available.**
- **Pre-plan child care options** if your child becomes ill and is excluded from school, or if their classroom or school is closed due to high infection rates.

We will keep you updated as new information becomes available or if there are changes to our school's guidelines. For the most current H1N1 flu information, please visit the district website at www.sandi.net or go to www.flu.gov.

Sincerely,

Heidi Lyon
Principal

Letter to John Doe
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