

Dear Parent,

As you may know, flu can be easily spread from person to person. Therefore, we are taking steps to reduce the spread of flu in our district. We want to keep the schools open to students and functioning in a normal manner during flu season, so we need your help to do this.

We are working closely with the Yuba County Public Health Department to monitor flu conditions and make decisions about the best steps to take concerning schools. We will keep you updated with new information as it becomes available. For now, we are doing everything we can to keep our schools functioning as usual.

Here are a few things that we will be encouraging and that you can do to help.

- **Teach your children to wash their hands often** with soap and water or an alcohol-based hand rub. We have alcohol-based hand sanitizers available for our students. Please contact the school if you do not wish for your child to use hand sanitizers in the absence of soap and water.

- **Teach your children not to share personal items** like drinks, food or unwashed utensils.

- **Cover coughs or sneezes with a tissue.** We have tissues available for our students, but if a tissue is not available, we encourage you to have them sneeze into the elbow, arm or sleeve areas. Make sure your children wash their hands after sneezing to kill germs.

- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever of 100 degrees or higher, cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.

- **Keep sick children at home** for at least 24 hours after they no longer have fever or have stopped taking medication for fever or flu symptoms. This will require students to stay home for at least 3 to 5 days. Keeping children with a fever at home will reduce the number of people who may get infected.

- **Do not send children to school if they are sick.** Any children who are determined to be sick while at school will be sent home.

- **Get your child vaccinated against the seasonal and H1N1 influenza.** The Centers for Disease Control and Prevention has noted that young people are more susceptible to flu.

For more information, visit www.flu.gov or call 1-800-CDC-INFO for the most current information about the flu. For more information about flu in our community, call the Yuba County Public Health Department at 530-749-6366. We will notify you of any additional changes to our school's strategy to prevent the spread of flu.

Sincerely,



Craig Guensler, Superintendent
Wheatland School District