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Superintendent's Update

May 1, 2009

Dear Parents:

I recently provided you with information about the H1N1 flu virus (swine flu), and have some new information to report:

No students at any San Mateo County school are known to be infected as of 4/30/09. Two adults who are experiencing mild flu symptoms were the first probable cases of H1N1 reported in San Mateo County.

The **San Mateo County Health Department** tells us that students who are not ill can continue to attend school at this time. We will continue to update you with any important information, and want to assure that your student's health and safety are our top priority.

To keep the flu from spreading to more people, we ask that you keep sick children at home. Any child who is sick in school will be sent home.

Public health officials want you to protect yourself and your family against pandemic flu. Here are some ways to stop the spread of germs and sickness and take care of your family

- If your children are sick, keep them at home. Do not send them to school.
- If some of the people in your home are sick with the flu, keep them away from the people who are not sick.
- If some of the people in your home are sick with the flu and you cannot see a health care provider, some things you can do to help them are:
 - o Have them drink a lot of liquid (juice, water).
 - o Keep the ill person as comfortable as possible. Rest is important.
 - o For fever, sore throat and muscle aches in adults, use ibuprofen (Motrin) or acetaminophen (Tylenol). Do not use aspirin with children or teenagers; it can cause Reye's syndrome, a life-threatening illness.

- Keep tissues and a trash bag within reach of the sick person.
- Be sure that all persons in your home wash their hands frequently with soap and water.
- Contact a health care provider for further advice. If the ill person is having difficulty breathing or is getting worse, contact the health care provider right away.

For additional information, visit the Web site of the San Mateo County Health Department at <http://www.smhealth.org/swineflu> or call the Health Emergency Information Line: 650-372-8572.

If the pandemic flu continues to spread and more students become ill, students may be dismissed from school for days or weeks. The purpose of student dismissals will be to keep children from getting sick. If students are dismissed, children should stay at home. Begin planning now for childcare in your home.

Sincerely,


Dr. Emerita Orta-Camilleri
Superintendent

TIPS FOR PARENTS

ON COPING WITH PANDEMIC FLU

*The information in this notification was prepared by the
Contra Costa Health Services in Contra Costa, California.*
ADAPTED FOR SAN MATEO COUNTY, 4/30/09

Plan for an extended stay at home during a flu pandemic.

- Ask your employer about how business will continue during a pandemic.
- Ask your employer if you can work from home during a flu pandemic.
- Plan for a possible reduction or loss of income if you are unable to work or your place of employment is closed.
- Check with your employer or union about leave policies.
- Check with your school district for home learning activities. Have materials such as textbooks on hand.
- Plan recreational activities that your children can do at home.

Items to have on hand for an extended stay at home:

<i>Non-perishable foods, such as:</i>

- ✓ Canned meats, fruits, vegetables, and soups that are ready to eat
- ✓ Protein or fruit bars
- ✓ Dry cereal or granola
- ✓ Peanut butter and jelly
- ✓ Dried fruit, nuts, trail mix
- ✓ Crackers
- ✓ Canned juices
- ✓ Bottled water
- ✓ Baby food in cans or jars
- ✓ Baby formula
- ✓ Pet food

<i>Health and emergency supplies, such as:</i>
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- ✓ Prescribed medical supplies such as glucose or necessities for monitoring blood pressure
- ✓ Soap and water or alcohol-based hand wash
- ✓ Medicines for fever, such as acetaminophen (Tylenol) or ibuprofen (Motrin)
- ✓ Thermometer
- ✓ Vitamins
- ✓ Fluids with electrolytes, such as Pedialyte®
- ✓ Flashlight with extra batteries
- ✓ A can opener that can be operated manually
- ✓ Garbage bags
- ✓ Tissues, toilet paper, disposable diapers

If someone in your home develops flu symptoms (fever, cough, muscle aches):

- Encourage them to drink plenty of fluids.
- Keep the ill person as comfortable as possible. Rest is important.
- For adults with fever, sore throat, and muscle aches, use ibuprofen (Motrin) or acetaminophen (Tylenol).
- **Do not use aspirin with children or teenagers;** it can cause Reye's syndrome, a life-threatening illness.
- Sponging with tepid water (wrist temperature) lowers fever only during the period of sponging. **Do not sponge with alcohol.**
- Keep tissues within reach of the patient, and provide a trash bag so they can dispose of the tissues.
- All members of the household should wash their hands frequently.
- Keep other family members and visitors away from the person who is ill.
- Contact a health care provider for additional advice. If the ill person is having difficulty breathing or is getting worse, contact the health care provider right away.

For additional information, visit the Web site of the San Mateo County Health Department at <http://www.smhealth.org/swineflu> or call the Health Emergency Information Line: 650-372-8572. The federal government also provides information about pandemic flu at this Web site: <http://www.pandemicflu.gov>.