

Dear Parent,

The Valley Center-Pauma Unified School District is working closely with County of San Diego Public Health Services to monitor pandemic H1N1 influenza in our community and to make decisions about the best steps to take to protect the health of students and staff.

Because influenza or “flu” can be easily spread from person to person, we are asking your assistance to help reduce the spread of flu in our schools. We want to work with families to keep the school open to students and functioning in a normal manner during this flu season.

Here is what you can do to help:

- ***Teach your children to wash their hands often*** with soap and water or an alcohol-based hand rub. Adults can set a good example by doing this too.
- ***Teach your children not to share personal items*** like drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues. If tissues are not available, coughs and sneezes can be covered with the elbow, arm or sleeve instead of hands.
- ***Know the signs and symptoms of the flu.*** Symptoms of the flu include fever (100 degrees Fahrenheit or 37.8 degrees Celsius 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 the fever is gone without using fever-reducing drugs. By keeping children home when they have a fever, we can reduce the number of new people who may get infected.
- ***Do not send children to school if they are sick.*** Children who are determined to be sick while at school will be sent home.
- ***Check with your doctor about getting yourself and your children vaccinated for seasonal (regular) flu and H1N1 flu.***

For more information, please call 619-692-8661 or go to www.flu.gov.

We will keep you updated with new information as it becomes available.

Sincerely,

Dr. Lou Obermeyer
Superintendent