



## HEALDSBURG UNIFIED SCHOOL DISTRICT

Jeff Harding, Ed.D.

Superintendent

1028 Prince Street, Healdsburg, CA 95448

P: (707) 431-3488 F: (707) 431-3499 E: jharding@husd.com

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Dear Staff, Parents and Students:

This letter provides you with the latest information regarding the H1N1 flu status in Sonoma County as recommended by Department of Public Health.

We are all hoping that the flu season will be mild this year and ask that students, parents and staff take necessary precautions to help minimize the spread of the flu. The Department of Public Health advises everyone in our school community to take the following precautions to help reduce the spread of the flu over the coming months:

- **Teach your children to wash their hands** often with soap and water or alcohol-based hand rub. You can set a good example by doing so yourself.
- **Teach your children not to share personal items** like drinks, food, or unwashed utensils, and to cover their coughs and sneezes with tissues. Also, covering up their coughs or sneezes using elbow arm or sleeve instead of the hand when a tissue is unavailable, is recommended.
- **Know the signs and symptoms of flu.** Symptoms of the flu include fever (100 degrees Fahrenheit / 37.8 degrees Celsius or greater), 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 a fever without using fever reducing drugs, and for 7 days from the outset of symptoms, **whichever is the longest.** The reason why we are instructing parents to keep their children at home for 7 days, is because, even after the fever is gone, your child can continue to spread the virus up to 5 days. Also, 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.

For more information, visit [www.flu.gov](http://www.flu.gov), or call 1-800-CDC-INFO for the most current information about the flu. We will notify you of any additional changes in our school's strategy to prevent the spread of the flu.

Sincerely,

Jeff Harding, Ed. D.  
HUSD Superintendent