



SAN LUIS COASTAL UNIFIED SCHOOL DISTRICT
1500 Lizzie Street
San Luis Obispo, CA 93401
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H1N1 FLU PREVENTION

September 16, 2009

Dear Parents and Guardians:

The purpose of the letter is to give you information concerning the planning the district is doing to minimize the spread of the H1N1 Flu (Swine Flu), and possible actions in case there is a serious outbreak this school year. The district is currently working closely with the San Luis Obispo County Public Health Department to monitor flu conditions and make decisions about the best course of action regarding our schools. We will keep you updated with new information as it becomes available.

Flu can be spread easily from person to person, primarily through sneezing and coughing. We need your help to prevent the spread of the flu and to keep our schools functioning as usual. Please review the Centers for Disease Control and Prevention (CDC) recommendations and guidelines posted below:

- **Teach your children to wash their hands** often with soap and water. Set an example yourself.
- **Teach your children to cover their coughs and sneezes** with tissues or to cough or sneeze into their elbow (not their hand). Set an example yourself.
- **Do not send sick children to school.** Any student determined to be ill will be sent home. Sick children should be kept home from all activities including after school events.
- **Keep sick children at home for at least 24 hours** after they no longer have a fever *without* using fever reducing drugs.
- **Plan for the possibility of extended home stays.** The flu can often last for several days; create a plan for a possible, longer than usual, stay at home.

If the flu conditions become more severe, we will consider the following in coordination with the county public health officials:

- Extending the time sick students and staff are to stay home for up to 7 days.
- Conducting active fever and symptom screening of students and staff.
- Considering ways to increase social distances (the amount of space) between students and staff at school; including postponing field trips, assemblies and other events.

For more information, visit www.flu.gov, or call 1-800-CDC-INFO for the most current information about the flu. For local information, you may visit the district website at www.slcusd.org, or the website for the San Luis Obispo County Public Health Department (805-781-5500) at www.slocounty.ca.gov/health/publichealth. We will notify you of any changes or new information on the district's efforts to prevent the spread of the flu.

Sincerely,

Edward T. Valentine

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Superintendent