

3075 Howsley Road
Pleasant Grove, CA 95668

August 26, 2009

Dear Parents,

The Sutter County Health Department recently met with Superintendents to share the latest information regarding seasonal and H1N1 flu. According to the Centers for Disease Control (CDC) the Seasonal flu and H1N1 influenza (the flu) is a contagious respiratory illness caused by influenza viruses. Every year in the United States, on average 5% to 20% of the population gets the flu. The health department is recommending that Superintendents start early campaigns to educate parents about the current flu season.

According to the Sutter County Health Department:

- Seasonal and H1N1 influenza is in Sutter County and we have a probable case in the school. It is likely that we will see more cases throughout the county.
- H1N1 does not seem as dangerous as first thought for most people. This will continue to be monitored.
- Parents should be mindful of the flu but *not panic*.

Recommendations for this flu season are:

GET VACCINATED

Seasonal Flu: (we will pass along information on Sutter County vaccination locations as it becomes available)

- Get vaccinated against seasonal flu as soon as available.

H1N1 Flu:

H1N1 vaccine will be available later than seasonal flu vaccine. The first groups recommended to be vaccinated are:

- Children ages 6 months to 24 years.
- Pregnant women; healthcare and emergency medical services personnel; and people with chronic health conditions like asthma, diabetes or heart and lung disease should also be vaccinated against H1N1.
- Household contacts and caregivers for children younger than 6 months of age.

TAKE EVERYDAY PREVENTIVE ACTIONS

- Wash your hands often with soap and water, especially after you cough or sneeze. Use of alcohol based hand sanitizers can be used if soap and water are not available.
- Cough or sneeze into the bend of the elbow (not your bare hands) or cough/sneeze into a tissue and throw it away.
- Avoid touching your eyes, nose, or mouth.
- If you are sick with flu-like illness, Centers for Disease Control (CDC) recommends that you stay home for at least 24 hours after your fever is gone without the use of fever-reducing medicines.
- While sick, stay home and limit contact with others to keep from infecting them.

Again, a certain percentage of the population gets varying degrees of the flu each year, so we will continue to take all necessary precautions to ensure the health/safety of our students and staff. I have included a helpful brochure *Seasonal and Novel H1N1 Flu: A Guide for Parents* from CDC. If you have further questions, please check our website (pgroveschool.org) or suttercounty.org for informational links or call the Sutter County Health Department at (530) 822-7215 if you need additional information.

Thank you,

Annette Alberti
Superintendent/Principal