



Larry L. Powell
Superintendent

fresno county office of education

Dear Parent,

This school year starts with concern about how influenza may affect students and classes. Your help is needed to keep your children healthy.

We are working closely with the Fresno County Department of Public Health to monitor flu conditions and make decisions about the best steps to take concerning schools. We will keep you updated with new information as it becomes available.

Your child should learn and practice the following:

- Wash hands often with soap and water. Teach them to sing the Happy Birthday song twice while washing. Most classrooms have soap and water, however if they do not, some schools will be using hand sanitizers as recommended by the Centers for Disease Control and Prevention. Please contact the school if you do not wish for your child to use hand sanitizers in the absence of soap and water.
- Cover coughs or sneezes with a tissue. If a tissue is not available, we encourage you to have them sneeze into the elbow, arm or sleeve areas. Make sure your children wash their hands after sneezing to remove the germs.
- Do not share **personal items** like drinks, food or unwashed utensils.


Parents should learn and practice the following:

- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius or higher), cough, sore throat, a runny or stuffy nose, body aches, and feeling very tired. Some people may also vomit or have diarrhea.
- **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.
- **Keep sick children at home** for at least 24 hours after they no longer have fever and have stopped taking medication for fever or flu symptoms. **This will require students to stay home for at least 3-5 days.** Keeping children with a fever at home will reduce the number of people who may get infected.
- **Get your child vaccinated against seasonal flu and Pan flu H1N1.** The Centers for Disease Control and Prevention has noted that young people are more susceptible to flu.

To help you determine when to keep your child home, please use the Influenza-like Illness symptom screening tool attached. Additional steps in safeguarding children may be taken as the school year progresses. You will be kept informed by your child's school.

For more information, visit www.fcdph.org/flu1n1.


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