

Dear Parents and Guardians:

As the new school year begins, the Santa Clara Unified School District staff will continue to monitor the effects of the H1N1 virus, commonly known as the swine flu. Interestingly, the age group with the largest number of confirmed and probable cases has occurred in people between the ages of five and twenty-four, the age group within which our students fall.

If the trials for a new vaccine go well, the first shipment should be out and available sometime the late Fall, many weeks after school starts, and there certainly won't be enough early on to vaccinate our entire community. So, we are all advised to practice the following healthy habits in trying to avoid influenza:

- Wash hands often with soap and warm running water for at least 15-20 seconds, or as long as it takes to sing *Happy Birthday* twice.
- Avoid close contact with people who are sick, and stay home from work, school, day care and errands when you are sick
- Cover your mouth and nose when coughing or sneezing, and drop used tissues in the trash.

Students who have at least two of the following symptoms combined with a fever of 100+ while at school will remain in the office or be isolated until they are picked up. Symptoms include cough, sore throat, nasal congestion, and runny nose. Students who have a fever of 100+ and two of the other symptoms must remain home for 24 hours after the fever subsides (without fever reducing medications). After the fever has been gone for 24 hours, they may return to school.

For additional information on the H1N1 virus, you may go to the Santa Clara County Public Health Department website: <http://www.sccphd.org/portal/site/phd/> and follow the links to the H1N1 virus FAQs. The Health Department's phone number is 885-3980, or you may call the school district's Public Information Officer, Tabitha Kappeler-Hurley at 423-2109. Our website, www.santaclarausd.org has many resources as well.

Sincerely,



Steve Stavis
Superintendent