

Contact: Sharon Sinclair
ssinclair@tehamaed.org
527-5811

Larry Champion
County Superintendent of Schools
Tehama County Department of Education

Press Release for Immediate Release

DATE: September 14, 2009

County Schools Coordinate Prevention of H1N1

Tehama County schools have one more reason to work together on behalf of our children: to ensure the health and safety of our students. Tehama County schools are coordinating with state and local public health agencies to decrease exposure to regular seasonal flu and H1N1 flu. Here is the information you should know regarding the flu:

What are Tehama County schools doing to prevent the spread of cold and flu?

Based on the recommendations from the Centers for Disease Control, all schools in Tehama County have established preventative measures for the regular seasonal flu and H1N1 flu, which include making current, accurate information available to the community via the educational portal:

www.tehamaschools.org, providing hand sanitizer for classrooms, and hand washing demonstrations and discussions in classrooms. The following information details answers to the most frequently asked questions and facts you and your families should know about the flu:

Everyday ways to prevent the flu (courtesy of <http://www.flu.gov/seasonalflu/preventing.html#step2>):

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If tissue is unavailable, cough into your elbow.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.*
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible. This is to keep from making others sick.
- While sick, limit contact with others to keep from infecting them.
- Visit the CDC website (<http://www.cdc.gov/h1n1flu/>) to find out what to do if you get sick with the flu and how to care for someone at home who is sick with the flu.

**Though the scientific evidence is not as extensive as that on hand washing and alcohol-based sanitizers, other hand sanitizers that do not contain alcohol may be useful for killing flu germs on hands in settings where alcohol-based products are prohibited.*

What should I do if my child is sick?

If your child has underlying health issues and presents symptoms of the flu, you should seek medical attention. If underlying health conditions are not present, keep your child at home until the symptoms of the flu subside. If you have questions feel free to call the Tehama County Department of Education School Health Supervisor, Sharon Sinclair at (530) 528-7374.

How can I help keep schools safe?

Reinforce the “everyday ways to prevent the flu” at home and ensure that your child’s school has your correct contact information on file in case he/she becomes ill while at school. Let’s all work together to provide a healthy place for our children to learn and grow.

How are H1N1 cases identified?

Currently, the only persons being tested for H1N1 are those that are hospitalized with flu like symptoms. More information on the verification process can be found at <http://www.norcalbt.com/Tehama/>

Online Resources for Further Information:

- <http://www.tehamaschools.org/hot-topics/breaking-news>
- <http://www.flu.gov>