

Dear Parents,

As you may know, the H1N1 flu virus is present in our community. Our school district is working closely with Tehama County Health Service Agency-Public Health to monitor flu conditions and to make the best decisions concerning our schools. We are doing everything we can to keep our schools open while protecting the health and safety of students, staff and the community.

To do this we need your help.

Please teach your children to wash their hands often with soap and water or use a hand-sanitizer.

Know the signs and symptoms of the flu.

- **Sudden, onset of symptoms**
- **Fever over 100° F**
- **Headaches**
- **Cough**
- **Sore throat**

Please keep sick children at home for at least 24 hours after the fever is gone without the use of Tylenol or other fever reducing medications.

Important: Remember to call your doctor if your child has any health conditions that may become complicated by the flu if symptoms worsen.

For more information on the flu/H1N1 visit the TCDE website <http://www.tehamaschools.org>

Stay healthy and disease free this flu season!

