

TEHAMA COUNTY HEALTH SERVICES AGENCY

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May 15, 2009

Dear Parents or Legal Guardian of Students:

The first case of H1N1, swine flu, was confirmed today in a Tehama County resident. There are additional suspect cases in the community. Public Health is asking all of us to take steps to minimize the possible spread of disease by following the common-sense precautions below.

- **Keep children who are sick at home. Don't send them to school.**
- **Cover your mouth and nose when you cough or sneeze.** Use a tissue and then throw it away. If you do not have a tissue, cough or sneeze into your sleeve.
- **Wash your hands often with soap and water**, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- **Try to avoid close contact with sick people.**
 - If people in your home are sick with the flu, keep them away from the people who are not sick.

Because most cases of H1N1 flu have been mild and similar to seasonal flu, it is no longer recommended to close schools. Therefore, schools will remain open.

Parents and caregivers should use the following questionnaire to assess the health status of their child on a daily basis.

Does your child have:

1. Fever (100° F or greater)? Yes No
2. Sore Throat? Yes No
3. Cough? Yes No
4. Nasal congestion? Yes No
5. Runny nose? Yes No

- **If you checked yes to fever AND one of the other symptoms**, keep your child home for 7 days after symptoms start, even if they no longer are ill. If your child is still sick after seven days, keep your child at home until well for 24 hours. If you have questions about your child's health or symptoms, call your child's healthcare provider.
- **If you checked "yes" for fever AND one of the other symptoms**, tell your child's attendance office that your child is home with influenza-like illness.

For more information please visit:

www.cdc.gov/swineflu/ or you can speak to the on-call nurse at the Tehama County Health Services Agency, Public Health Division, Monday-Friday 3 pm to 5 pm at 530-527-6824 or toll free at 1-800-655-6854.

Sincerely,
Richard Wickenheiser, MD
Tehama County Health Officer