

TEHAMA COUNTY HEALTH SERVICES AGENCY

VALERIE S. LUCERO
EXECUTIVE DIRECTOR

DEANNA GEE
ASSISTANT EXECUTIVE
DIRECTOR, ADMINISTRATION

JAYME BOTTKE
ASSISTANT EXECUTIVE
DIRECTOR, PROGRAM

RICHARD WICKENHEISER, MD
PUBLIC HEALTH OFFICER



PUBLIC HEALTH DIVISION
SYDNEI WILBY
PUBLIC HEALTH DIRECTOR
1860 WALNUT STREET
MAILING ADDRESS:
PO BOX 400, RED BLUFF, CA 96080

(530) 527-6824
FAX (530) 527-0362

April 28, 2009

Dear Parents or Legal Guardian of Students:

As you may be aware, a swine influenza outbreak is occurring in the United States and other countries around the globe. No cases of swine flu have been detected in Tehama County. This form of swine flu has so far caused only mild illness in the USA, but is spreading from person to person at this time. Therefore, Tehama County Public Health is asking all of us to take steps to minimize the possible spread of disease by following the common-sense precautions below.

Preventing the spread of the flu:

- Wash your hands frequently with warm water and soap for 20 seconds
- Use hand sanitizers when washing is not practical
- Keep your hands away from your eyes, nose, and mouth to prevent the virus from entering the body
- Cover your nose and mouth when you cough or sneeze
 - Cough or sneeze into a tissue or into your arm, wash hands afterwards
- Stay home when you are sick

Primary Symptoms of Swine flu are similar to seasonal flu and include:

- Fever of 100 degrees or higher
- Cough
- Sore throat

Other possible symptoms include:

- Fatigue (tiredness)
- Runny nose
 - Headaches/body aches
 - Nausea/vomiting
 - Diarrhea

If you have traveled to Mexico or had direct contact with a person with confirmed swine flu and are experiencing any of the above primary symptoms, seek immediate medical attention. The swine flu cannot be contracted from eating cooked pork products. If you handle raw pig meat or work around pigs, use appropriate personal protective equipment (gloves, masks, etc) and wash your hands frequently.

Here are a couple of important ways parents can help:

- Most importantly, if your child has flu-like symptoms, keep them home from school until seven days after the onset of symptoms.
- Remind children to wash hands and cover their mouths when they cough or sneeze. Good respiratory hygiene is very important in helping to prevent the spread of disease.

For more information please visit:

- <http://www.norcalbt.com/CountyTehama/default.htm>
- <http://www.tehamacohealthservices.net>
- www.cdph.ca.gov/healthinfo/discond/pages/swineinfluenza.aspx

Thank you for your assistance in helping to keep our students and community safe!

Sincerely,
Sydnei Wilby, Public Health Director, Tehama County Health Services Agency