

April 27, 2009

Dear Families,

As many of you may have heard, cases of individuals with the swine flu have been reported in the United States. California's preliminary reports of the swine flu have found seven cases in Southern California as of yesterday, April 26. One possible case in Sacramento County is currently under investigation. Those at highest risk are individuals who have—or who may have come into contact with someone else who has—traveled to Mexico and Southern California. We are requesting that you remind your students and families of the important health tips below ***and that if you or your child shows any symptoms of the flu, please stay home and consult your medical doctor.***

**The Centers for Disease Control (CDC) and Prevention [www.cdc.gov](http://www.cdc.gov) recommend the following measures to stay healthy:**

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash can after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also very effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Try to avoid close contact with sick people. Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.

**What are the symptoms of swine flu?**

Symptoms of swine flu in people are similar to the symptoms of regular human seasonal influenza and include fever, lethargy, lack of appetite and coughing. Some people with swine flu also have reported runny nose, sore throat, nausea, vomiting and diarrhea.

**Again, the CDC recommends staying home and limiting contact with others.**

Please rest assured that the District will continue to monitor the situation and keep all informed as new information becomes available. For more information, please visit our website or contact Robin Michel by email at [rmichel@sanleandro.k12.ca.us](mailto:rmichel@sanleandro.k12.ca.us), or by phone at 510-667-6208.

Sincerely,



Superintendent Christine Lim