

October 15, 2009

Dear Turtleback Families,

Turtleback is working closely with County of San Diego Public Health Services to monitor the seasonal flu and H1N1 influenza in our community and to make decisions about the best steps to take to protect the health of students and staff.

Because influenza or "flu" can be easily spread from person to person, we are asking your assistance to help reduce the spread of flu at Turtleback.

Here is what you can do to help:

- ***Keep sick children at home*** for at least 24 hours after the fever is gone without using fever-reducing drugs. By keeping children home when they have a fever, we can reduce the number of new people who may get infected.
- ***Do not send children to school if they are sick.*** Children who are determined to be sick while at school will be sent home.
- ***Check with your doctor about getting yourself and your children vaccinated for seasonal flu and H1N1 flu.***
- ***Know the signs and symptoms of the flu.*** Symptoms of the flu include fever (100 degrees Fahrenheit or 37.8 degrees Celsius or higher), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- ***Contact your doctor if*** your child has a fever over 100 degrees AND a cough or sore throat. You should also contact your doctor if your child has an underlying medical condition such as asthma, diabetes or a compromised immune system AND exhibits potential flu symptoms.
- ***Teach your children to wash their hands often*** with soap and water or an alcohol-based hand rub. Adults can set a good example by doing this too.
- ***Teach your children not to share personal items*** like drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues. If tissues are not available, coughs and sneezes should be covered with the elbow, arm or sleeve instead of hands.
- ***Donate hand sanitizer and disinfecting wipes to your child's classroom teacher.***

For more information, please call the Department of Public Health at 619-692-8661 or go to www.flu.gov.

I will keep you updated with new information as it becomes available.

Sincerely,

Celeste Campbell, Ed.D.

Principal
Turtleback Elementary School
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