



September 18, 2009

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*To inspire each student to  
extraordinary achievement  
every day*

Dear Twin Rivers Families,

We hope your child has enjoyed the start of the 2009-2010 school year. As you know, local health officials expect the H1N1 and normal seasonal flu virus to affect our communities this fall. In order to keep our schools functioning as usual, we are taking steps to reduce the spread of flu, including:

- Plans to install hand sanitizer pumps at every school
- A district-wide comprehensive response plan for each level of flu outbreak
- Trained cleaning crews and supplies to address sites where higher than usual flu cases occur
- Making masks available at each site for children who become ill while they are at school and are waiting to be picked up
- A special section on our web site to provide the latest information for families and staff

Here are a few things you can do to help prevent the spread of flu viruses, including H1N1:

- **Take time to get a flu vaccine.** CDC recommends a yearly seasonal flu vaccine as the first and most important step in protecting against seasonal influenza. In addition, an H1N1 vaccine is being produced and will be available in the coming months. A list of flu clinics is available on our web site or through your doctor.
- **Encourage children to wash their hands** often with soap and water or hand sanitizer when a sink is not available.
- **Ask children not to share personal items** like drinks, food or utensils.
- **Teach your child to cover their coughs and sneezes** using a tissue or their elbow, arm or sleeve.
- **Know the signs and symptoms of the flu** and be sure to let your school know when your child is absent due to flu symptoms. Symptoms of the flu include fever (100 degrees Fahrenheit or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- **Be sure your emergency information is updated** so that you can receive proper notification if your child becomes ill or if we have important information to share.
- **Keep sick children at home** for at least 24 hours *after* they no longer have fever without using fever-reducing drugs. Please note children and teenagers should not be given aspirin as this can cause a rare but serious illness called Reye's syndrome.

If the flu becomes more severe, we may take additional steps to prevent the spread such as active flu symptom screening and postponing class trips. For more information about flu in our community and what our school's are doing, visit our web site at [www.twinriversusd.org](http://www.twinriversusd.org). We are working closely with the Sacramento County Public Health Department and the Centers for Disease Control to monitor flu conditions.

Sincerely,

*Bonita Mallory, RN, PHN*

Coordinator, Student Health, Wellness & Prevention  
916-566-1600, ext 1173

***For all non-emergency questions and concerns about the flu call 2-1-1.  
This Sacramento resource offers confidential, free, multilingual answers.***