



9 hli ntuj hnub tim 18, 2009

Board of Trustees

Nyob zoo Twin Rivers tsev neeg,

Area 1

Janis Green

Peb cia siab hais tias koj tus me nyuam yuav muaj kev lom zem rau lub xyoo tshiab no. Raws li koj twb paub lawm, cov tsev kho mob cov neeg ua hauj lwm pom hais tias H1N1 thiab cov khaub thuas daws no, mob tob hau yuav tshwm sim rau ib tsoom zej zog nyob rau lub caij ntuj qhuav no. Yog yuav kom peb cov tsev kawm ntawv ua tau hauj lwm li qub, peb yuav tau ua raws li 5 theem hauv qab no kom thiaj li tsis kis tej khaub thuas, xws li:

Area 2

Michelle Rivas

- Npaj kom muaj tshuaj ntxuav tes nyob rau txhua lub tsev kawm ntawv
- Tab Ib lub tswv yim hauv koog tsev kawm ntawv hais txog kev pab cuam thaum muaj khaub thuas
- Cob qhia cov neeg ua hauj lwm thiab muaj tshuaj coj los pab rau cov tsev kawm ntawv uas tau cov khaub thuas no ntau tshaj
- Muaj ntaub (masks) looj qhov ncauj nyob rau txhua lub tsev kawm ntawv rau cov me nyuam uas muaj mob thaum lawv tseem nyob hauv tsev kawm ntawv thiab tseem tos niam txiv tuaj coj
- Muaj ib koog (section) hauv peb lub web site qhia txog xov xwm rau cov me nyuam lawv tsev neeg thiab qhia rau cov neeg ua hauj lwm

Area 3

Alecia Eugene Chasten

Nov yog tej yam koj ua tau los pab tiv thaiv koj kom koj txhob kis khaub thuas, xws li H1N1:

Area 4

Bob Bastian

- **Siv sij hawm mus txhaj tshuaj tiv thaiv khaub thuas.** CDC xav kom mus txhaj tshuaj tiv thaiv khaub thuas txhua txhua xyoo, nov yog thawj kauj ruam uas tseem ceeb heev. Ntxiv mus, tshuaj tiv thaiv H1N1 tseem tab tom ua thiab yuav muaj nyob rau ob peb lub hlis tom ntej no. Ib daim ntawv qhia txog cov chaw kuaj mob khaub thuas muaj nyob hauv peb lub web site los sis mus nqa ntawm koj tus kws kho mob (doctor).
- **Qhia koj cov me nyuam kom lawv nco ntsoov ntxuav tes** txhua lub caij siv tshuaj (soap) dej los sis tshuaj ntxuav tes (hand sanitizer) thaum tsis muaj dab sink.
- **Qhia cov me nyuam kom lawv tsis txhob siv** lawv cov khoom noj khoom haus, diav **nrog lwm tus.**
- **Qhia koj tus me nyuam kom nws pos qhov ncauj thaum nws hnoos thiab txham** siv ntaub (tissue) los sis siv sab lauj tshib, tes, los sis tsho.
- **Paub twm thiab paub thaum raug cov khaub thuas** thiab yuav tau hais qhia rau lub tsev kawm ntawv paub yog koj tus me nyuam nqaj ntawv vim mob khaub thuas. Khaub thuas xws li kub tob hau txog (100 degrees Fahrenheit los sis tshaj), hnoos, mob caj pas, los ntswg los sis txhaws ntswg, mob ib ce, mob tob hau, thiab nkees heev. Mob pab zawv thiab ntuav.
- **Nco ntsoov kho koj cov ntaub ntawv (emergency) kom siv tau** es thiaj li hu tau los qhia rau koj thaum koj tus me nyuam mob los sis thaum peb muaj xov xwm tseem ceeb xav qhia rau koj.
- **Cia cov me nyuam mob nyob tom tsev** li ntawm 24 teev *tom* qab lawv tsis muaj kub tob hau thiab tsis tau noj tshuaj. Thov nco cia tias cov me nyuam me thiab cov tub ntxhais hluas yuav tsum tsis txhob muab tshuaj aspirin rau noj vim hais tias qhov no yuav ua rau lawv mob, yam mob hu ua Reye's syndrome.

Area 5

Cortez Quinn

Area 6

Roger Westrup

Area 7

Linda Fowler

Superintendent

Frank Porter

Yog hais tias mob hnyav zuj zus, peb yuav ua ntau theem ntxiv los tiv thaiv kom txhob kis thiab yuav tsis pub tuaj hoob. Yog xav paub ntau tshaj no hais txog khaub thuas hauv peb lub zej zog thiab seb peb cov tsev kawm ntawv yuav ua dab tsi, mus saib tau peb lub web site ntawm [www.twinriversusd.org](http://www.twinriversusd.org). Peb nrog lub Sacramento County Public Health Department thiab lub Centers Disease Control hais txog kev tiv thaiv kab mob, ua hauj lwm ua ke los saib kab mob khaub thuas.

Sincerely,

*Bonita Mallory, RN, PHN*

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

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