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Date: April 27, 2009
To: All Twin Rivers Employees
From: Bonita L. Mallory, RN, PHN
Coordinator, Student Health, Wellness and Prevention
Subject: **Swine Influenza**

You may have heard about the outbreak of Swine Flu in Mexico and parts of the United States. The current strain of Swine Flu (H1N1) is transmitted from person to person. Symptoms of Swine Flu may include fever, cough, sore throat, body aches, headache, chills, fatigue, diarrhea or vomiting.

There are currently about 40 cases of Swine Flu confirmed in the U.S., including seven cases in Southern California and one confirmed case here in Sacramento County.

How can I protect myself?

- Avoid close contact with people who are sick.
- Stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Clean your hands frequently - washing your hands or using hand sanitizer often will help protect you from germs.
- Avoid touching your eyes, nose or mouth.
- Practice other good health habits: get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

We are working closely with local and state health officials and will continue to share the most up-to-date information with you as it becomes available. The information will be posted on our web site at

http://www.twinriversusd.org/depts/com/swine_flu_update.

If you have are experiencing any flu-like symptoms, please contact your healthcare provider immediately or the Sacramento County Division of Public Health at **(916) 875-5881**.

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