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Dear Twin Rivers Families:

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.

Here are some ways to protect your family:

- ✓ Keep children who are sick at home. Don't send them to school.
- ✓ Teach your children to wash hands often with soap and water for 20 seconds. Be sure to set a good example by doing this yourself.
- ✓ Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow. Again, set a good example by doing this yourself.
- ✓ Teach your children to stay at least three feet away from people who are sick.
- ✓ People who are sick should stay home from work or school and avoid other people until they are fever-free for a minimum of 24 hours and illness symptoms are dramatically improved.

It is important to know that there are currently about 20 cases of Swine Flu in the U.S., seven confirmed cases in Southern California and one confirmed case in Sacramento County. At this time, under the guidance of the county health department, we believe students can safely attend classes, and schools will remain open. Rigorous infection control measures are being practiced in our classrooms and on school grounds.

If you have any questions, please contact your school nurse or healthcare provider. You may also call the Sacramento County Division of Public Health at **(916) 875-5881**.

More information is available on the following web sites:

- Twin Rivers USD: <http://www.twinriversusd.org/>
- Sacramento County Division of Public Health: <http://www.scph.com>
- Center for Disease Control: [http://www.cdc.gov/swineflu/swineflu\\_you.htm](http://www.cdc.gov/swineflu/swineflu_you.htm)

Sincerely,

Bonita L. Mallory, RN, PHN  
Coordinator, Student Health, Wellness and Prevention

*To inspire each student to extraordinary achievement every day.*