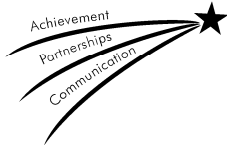


Pleasanton Unified School District



Dear Pleasanton Unified Parent/Guardian,

The Pleasanton Unified School District is taking steps to reduce the spread of flu in our schools during this flu season. We want to keep our schools open to students and functioning in a normal manner, and we need your help to do so. The District is working closely with the California Department of Education and the Alameda County Health Department to monitor flu conditions and make decisions about the best steps to take concerning schools. We will keep you updated with new information as it becomes available.

For now, here are a few things you can do to help:

- **Teach your child to wash hands** often with soap and water or a hand sanitizer. You can set a good example by doing this yourself.
- **Teach your child not to share personal items** like drinks, food, or unwashed utensils and to cover their coughs and sneezes with tissues. If a tissue is unavailable, cover up coughs or sneezes using the elbow, arm, or sleeve instead of the hand.
- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius, 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.
- **Keep a sick child at home** for at least 24 hours after he/she no longer has fever or signs of fever, without using fever-reducing drugs.
- **Vaccinate your child against seasonal flu and H1N1 flu when it's available.** Check with your child's health care provider for recommendations especially if your child has chronic health conditions, such as asthma and diabetes.
- **Do not send your child to school if he/she is sick.** Any child who is determined to be sick while at school will be sent home.

Use the checklist on the reverse side to help decide if you should keep your child at home.

The most current information about the flu is available by visiting [www.flu.gov](http://www.flu.gov) or [www.acphd.org](http://www.acphd.org) or by calling 1-800-CDC-INFO. We will notify you of any changes to our District's strategy to prevent the spread of influenza.

Sincerely,

Susan Han, R.N., M.S.N.  
District Nurse

Kathleen Azevedo, R.N., M.S.N.  
District Nurse