

November 12, 2009

Dear Parents & Guardians:

As you may know, flu activity is currently widespread throughout the country. Most of the flu circulating now is Pandemic (H1N1) **2009**, and spreads easily between people. We are determined to keep our schools open and safe, and help Marin County students stay as healthy as possible; we need your help to make this happen.

GET VACCINATED! There are four **FREE H1N1 flu vaccination clinics**, for high risk Marin County residents, planned over the next three weeks (see the other side for details). Public health experts encourage everyone to get vaccinated for H1N1 flu. Please note that children are considered a group at HIGH RISK for complications, and should be vaccinated as soon as possible. Children under 10 years of age will require 2 doses to be protected.

PREVENTION IS CRITICAL! We can all help minimize germs and protect ourselves and families with five simple steps:

1. **Get vaccinated** – get both the seasonal flu and H1N1 vaccines as soon as they are available to you;
2. **Wash Your Hands** – wash with soap and water for at least 20 seconds; hand sanitizers can also be helpful
3. **Cover Your Cough** – cough or sneeze into the crook of your arm; dispose of used tissues
4. **Stay Home When You're Sick** – don't spread your germs at school, daycare or work
5. **Keep Informed & Share the News** – get the latest updates on flu and vaccine information at www.marinflu.org

SYMPTOMS OF THE FLU VIRUS – Symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may have vomiting or diarrhea. If you have concerns, contact your doctor or a medical clinic.

WHEN IS EMERGENCY CARE NECESSARY? Again, contact your doctor or clinic for advice, but know that emergency warnings signs in children are: fast or troubled breathing, bluish skin color, inability to drink enough fluids, inability to wake up or interact, being irritable and refusing comfort or being held, fever with a rash, or flu symptoms that improve but return or worsen. If you have any concerns, get medical help.

FOR MORE INFORMATION:

- visit our website at www.marinschools.org (and click on "H1N1 Influenza Update")
- visit the Health & Human Services flu website at www.marinflu.org
- Call the Marin County Health & Human Services H1N1 Flu Information Line at 473-6823.

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MARY JANE BURKE
Marin County Superintendent of Schools

PLEASE...DO NOT SEND SICK CHILDREN TO SCHOOL!