

Influenza Alert

Dear Parents/Guardians:

The Hope School District is taking the recent Swine Flu outbreak very seriously. We are working closely with the Santa Barbara County Department of Health to ensure that we follow all recommendations to limit the spread of this disease.

Currently there are no known cases in SB County. The Health Department will notify residents should a concern arise. The district office has alerted school site officials to watch for certain symptoms. Here are some guidelines:

If you are well:

1. Wash your hands frequently with soap and water. Alcohol based cleaners may also be effective.
2. Avoid touching your eyes, nose or mouth. Germs infect your body through these areas.
3. Try to avoid contact with people who are sick.

If you have symptoms of illness:

1. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Wash your hands.
2. Stay home from work or school and limit contact with others.
3. Call your health care provider to report your symptoms and follow his/her instructions.

Symptoms of concern:

1. Fever above 100°.
2. Fever with a rash.
3. Trouble breathing or painful breathing.
4. Not able to drink enough fluids.
5. Extreme fatigue (feel too tired to do anything).
6. Extreme irritability (child who cannot be consoled, does not want to be held).
7. Severe or persistent vomiting.
8. Dizziness, confusion.
9. Flu symptoms improve but fever returns or cough worsens (may indicate a new infection).