



Los Angeles Unified School District

STUDENT HEALTH AND HUMAN SERVICES

333 South Beaudry Avenue, 29th Floor

Los Angeles, CA 90017

Telephone: (213) 241-3840

Fax: (213) 241-3305

Ramon C. Cortines
Superintendent of Schools

Judy Elliott
Chief Academic Officer
Office of Curriculum, Instruction,
And School Support

René Gonzalez
Assistant Superintendent
Student Health and Human Services

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Dear Parents, Guardians and Staff,

It's flu season. As you may have read or heard in the news media, there are a growing number of cases of the seasonal influenza. This is accompanied by continuing cases of the pandemic H1N1 (swine) flu in our communities. I want to assure you that schools remain open and we are working to ensure the health and safety of students, staff and the general community.

The flu virus causes symptoms such as: fever, cough, sore throat, muscle aches and sometimes runny nose and sneezing. To prevent the spread of any type of flu, here are some ways to protect you and your family from getting sick:

- ◆ If you are sick with flu-like symptoms, stay home. Do not send sick children to school.
- ◆ Teach children to wash hands frequently with soap and water for 20 seconds, especially before eating and after using the restroom. Be sure to set a good example by doing this yourself.
- ◆ Teach children to cover coughs and sneezes with tissues (throw the tissue in the trash after you use it) or by coughing into the inside of the elbow. Be sure to set a good example by doing this yourself. Avoid touching your eyes, nose or mouth since germs spread this way.
- ◆ Teach children to stay at least three feet away from people who are sick, avoiding any close contact.

If you have questions, please contact your health care provider. You can also get more information from the Los Angeles County Department of Public Health by dialing 211 or going to their website <http://www.publichealth.lacounty.gov/>.

Sincerely,

Kimberly Uyeda, MD, MPH
Director, Student Medical Services
LAUSD