

**PALERMO UNION  
SCHOOL DISTRICT**

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Heather Scott, Principal

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Heather Scott, Principal

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Carol Brown, Principal



An Equal Opportunity Employer

August 17, 2009

Dear Parent,

As you may know, there is cause for concern due to risk posed by the H1N1 flu (Swine Flu). Therefore, we are taking steps to reduce the spread of flu in our school district. We want to keep the schools open to students and functioning in a normal manner during this flu season, but we need your help to do this.

We are working closely with the Butte County Public 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, we are doing everything we can to keep our school functioning as usual.

Here are a few things that we will be encouraging and that you can do to help.

- **Teach your children to wash their hands** often with soap and water or an alcohol-based hand rub. Most classrooms have soap and water, however if they do not, we will be using hand sanitizers as recommended by the Centers for Disease Control and Prevention. Please contact the school if you do not wish for your child to use hand sanitizers in the absence of soap and water.
- **Teach your children not to share personal items** like drinks, food or unwashed utensils.
- **Cover coughs or sneezes with a tissue.** If a tissue is not available, we encourage you to have them sneeze into the elbow, arm or sleeve areas. Make sure your children wash their hands after sneezing to remove the germs.
- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius or higher), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- **Keep sick children at home** for at least 24 hours after they no longer have fever and have stopped taking medication for fever or flu symptoms. **This will require students to stay home for at least 3-5 days.**
- **Do not send children to school if they are sick.** Children who are determined to be sick while at school will be sent home.
- **Get your child vaccinated against seasonal and H1N1 influenza.** The Centers for Disease Control and Prevention has noted that young people are more susceptible to flu.

For more information, visit the Butte County Office of Education web site [www.bcoe.org](http://www.bcoe.org) and click on the H1N1 (Swine Flu) Updates

Sincerely,

A handwritten signature in blue ink that reads "Sam Chimento".

Sam Chimento,  
Superintendent

*Life Long Learners - Equipped, Confident, Motivated*