



## East Nicolaus Joint Union High School District

“A California Distinguished School”

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Dr. Matthew T. Roberts, Superintendent-Principal

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August 28, 2009

Dear Parents,

Recently, school representatives met with Sutter County Health Department officials to discuss the latest information on the seasonal flu, including H1N1. As a result, Health Department officials have asked us to begin communication with parents and the community about any new information, and to inform you of steps we are taking along with recommended procedures if your son/daughter shows flu-like symptoms.

### **According to the Sutter County Health Department officials:**

- Seasonal and H1N1 influenza has been reported in Sutter County and in neighboring counties. It is likely that we will see more cases throughout the county. No official cases have affected the high school so far this season.
- H1N1 does not seem as dangerous as first thought for most people, and so the recommendations have become more precautionary. Officials will continue monitoring its development, and the school will continue to notify you of any development.
- Parents should be mindful of the flu but are advised to *not panic*.
- According to the Centers for Disease Control (CDC) the seasonal flu and H1N1 influenza (the flu) is a contagious respiratory illness caused by influenza viruses. Every year in the United States, on average 5% to 20% of the population gets the flu.

### **Sutter County Health Department officials recommend the following:**

Get Vaccinated:

- Seasonal Flu: A “Flu Clinic” will be held at the high school campus
- H1N1 Flu: H1N1 vaccine will be available later than seasonal flu vaccine. The first groups recommended to be vaccinated are:
  - Children ages 6 months to 24 years.
  - Pregnant women; healthcare and emergency medical services personnel; and people with chronic health conditions like asthma, diabetes or heart and lung disease should also be vaccinated against H1N1.
  - Household contacts and caregivers for children younger than 6 months of age.

Take Everyday Preventative Actions:

- Wash your hands often with soap and water, especially after you cough or sneeze. Use of alcohol based hand sanitizers can be used if soap and water are not available. The high school has installed a hand sanitizer dispenser in each student classroom space. Students are encouraged to use the dispenser as they enter and exit classrooms.
- Cough or sneeze into the bend of the elbow (not your bare hands) or cough/sneeze into a tissue and throw it away.

- Avoid touching your eyes, nose, or mouth.
- If you are sick with flu-like illness, Centers for Disease Control (CDC) recommends that you stay home for at least 24 hours after your fever is gone without the use of fever-reducing medicines. Please notify the school attendance office if your son/daughter is home ill with flu-like symptoms.
- While sick, stay home and limit contact with others to keep from infecting them.

Health officials have again advised us that a certain percentage of the population gets varying degrees of the flu each year, so we will continue to take all necessary precautions to ensure the health/safety of our students and staff. I have included a helpful brochure *Seasonal and Novel H1N1 Flu: A Guide for Parents* from CDC. If you have further questions, please check the school website, or [suttercounty.org](http://suttercounty.org) for informational links, or call the Sutter County Health Department at (530) 822-7215 if you need additional information.

Thank you,

Matthew Roberts, Ed.D.  
Superintendent/Principal