



# PIEDMONT UNIFIED SCHOOL DISTRICT

ADMINISTRATION BUILDING

760 Magnolia Avenue • Piedmont, California 94611-4088 • (510) 594-2600

September 8, 2009

Dear Parents,

The Piedmont Unified School District is taking steps to reduce the spread of the H1N1 Flu Virus in all of our schools. We are working closely with the California and Alameda County Departments of Health to monitor flu conditions and make decisions about the best steps to take concerning our schools. We will keep you updated with new information as it becomes available.

We want to keep the schools open to students and functioning in a normal manner during this flu season. **And, we need your help to do this.** Here are a few things you can do to help.

- Explain to your children the importance of **frequent** hand washing with soap and water or an alcohol-based hand sanitizer.
- Explain the importance of :
  - **not sharing** personal items like cell phones, drinks, food, utensils, make-up, etc.
  - covering their coughs and sneezes with tissues
  - covering up coughs and sneezes using their elbow, arm or sleeve **instead of their hand** when a tissue is not available.
- Recognize the signs and symptoms of the flu. Symptoms of the flu may include:
  - fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater)
  - cough
  - sore throat
  - runny or stuffy nose
  - body aches
  - headache
  - feeling very tired
- Keep sick children at home for **at least 24 hours after** they no longer have fever or do not have signs of fever, **without** using fever-reducing medication. Keeping children with a fever at home will reduce the number of people who may get infected.
- **Do not send children to school if they are sick.** Any child determined to be sick while at school will be sent home.
- Notify school if a case of H1N1 is **confirmed** in your home.

For more general information regarding the H1N1 Flu Virus, visit [www.flu.gov](http://www.flu.gov)

Additionally, site and district administrators are working with teachers and staff to insure that appropriate precautions are reinforced at school. We have provided sites with hand sanitizer and are in process of obtaining wall mounted dispensers for each classroom. Our custodial staff is also working to ensure that hand surfaces and bathrooms are wiped down and cleaned frequently.

Sincerely,

David Roth, Ph.D.  
Assistant Superintendent, Educational Services