



Superintendents Office
1234 Arcadia Avenue, Vista CA 92084-3404
(760) 726-2170 x2219
Serving the Communities of Vista, Oceanside,
San Marcos, Carlsbad and San Diego County
www.vusd.k12.ca.us

Board Members
Angela D. Chunka
Jim Gibson
Carol Weise Herrera
R. Elizabeth Jaka
Steve Lilly

Superintendent
Dr. Joyce Bales

October 22, 2009

Letter From Schools to Parents About the Flu

Dear Parents/Guardians,

The Vista Unified School District (VUSD) is working closely with County of San Diego Public Health Services to monitor influenza in our community and to make decisions about the best and most proactive steps to take to protect the health of students and staff.

Because influenza or "flu" can be easily spread from person to person, we request your assistance to help reduce the spread of flu in VUSD. We will work with families to keep schools open to students and functioning on a regular schedule during this flu season.

Listed below are the San Diego Office of Public Health recommendations:

1. **Teach your children to wash their hands often** with soap and water or an alcohol-based hand rub. Adults may set a good example by demonstrating the method.
2. **Teach your children not to share personal items** like drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues. If tissues are not available, coughs and sneezes can be covered with the elbow, arm or sleeve instead of hands.
3. **Recognize the signs and symptoms of the flu.** Symptoms of the flu include fever (100 degrees Fahrenheit or 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.
4. **Keep sick children at home** for at least 24 hours after the fever is gone without using fever-reducing drugs. By keeping children home when they have a fever, we can reduce the number of new people who may get infected.
5. **Do not send children to school if they are sick.** You will receive a phone call and be asked to pick up your child if it is determined he/she is sick. We recognize that you want to make the health decisions for your child.
6. **Check with your doctor about getting yourself and your children vaccinated for seasonal (regular) flu and H1N1 flu.**

If the flu becomes more severe, at the recommendation of the County health department, additional steps may include screening students and staff when they come to school and postponing class trips.

For more information, please call 619-692-8661 or go to www.flu.gov.

We will keep you updated with new information as it becomes available.

Sincerely,

A handwritten signature in black ink that reads "Joyce Bales".

Dr. Joyce Bales,
Superintendent