



# San Joaquin County Office of Education

Fredrick A. Wentworth, Ed.D.  
Superintendent

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## HEALTH ALERT

### **SWINE FLU FACT SHEET:**

Human cases of swine flu have been identified in the United States. Officials are working very closely with the Center for Disease Control to create ongoing investigation to identify and control any wide spread outbreaks in this country. This situation is rapidly evolving and the public will be kept updated to new developments as they occur. Your school is working closely with the San Joaquin Public Health Department and this is where we will receive any special health advisories.

Laboratory tests have determined that this strain of Swine flu is susceptible to antiviral drugs that are available to people showing symptoms of flu. **It is important to remember that most people recover from the flu without complications. People at most risk are the elderly or very young.** There are everyday actions that people can take to stay healthy.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.

### **Try to avoid close contact with sick people:**

- Influenza is thought to be spread mainly person-to-person through coughing or sneezing of infected people.
- If you or your child gets sick, especially with flu-like symptoms, CDC recommends that you stay home from work or school and avoid contact with others to keep from infecting them.

Your school will be updated regularly and should be able to provide the most current information from the CDC and state officials. Please do not panic as it may affect your children and those around you. There may be nothing to worry about, and if this Swine Flu does prove to be widespread, our public health officer will inform us of necessary actions.



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### ALERTA DE SALUD

#### DATOS DEL GRIPE PORCINA:

Casos de la gripe Porcina han sido identificados en los Estados Unidos. No se han confirmado casos en nuestro condado. Esta situación se esta desarrollando rápidamente y se le informará al público sobre nuevos informes conforme se nos comuniqué. Su escuela esta trabajando unida con el Departamento de Salud Publica del Condado de San Joaquín a donde mandan los avisos de precaución tocante su salud.

**Es muy importante recordar que la mayoría de las personas se recupera de la influenza sin complicaciones. La gente que corre mas riesgo son la gente mayor, los niños pequeños, o personas con condiciones crónicas de salud.** Hay varias acciones que se pueden seguir para mantenerse saludables como:

- Cubrir la nariz o boca con un kleenex al toser o estornudar. Después tirar el pañuelo.
- Lavarse las manos constantemente con agua y jabón especialmente después de estornudar o toser. Gels para desinfectar las manos que contienen alcohol también se pueden utilizar.
- Evite tocar sus ojos, nariz o boca para prevenir el traslado o paso de los gérmenes.

#### **Evite el contacto directo con personas que ya estén enfermas debido a que:**

- La influenza se transmite de persona a persona cuando la persona infectada tose o estornuda.
- Si usted o su hijo(a) se enferma, el CDC (centro de control de enfermedades) recomienda que se quede o queden en casa (no ir a la escuela o al trabajo) para limitar el contagio a otras personas.

La escuela recibirá regularmente nueva información por parte de CDC (Centro de Control de Enfermedad) y oficiales del estado. Al recibir mas información por parte del CDC les informará de inmediato.

Para mas información entre a la pagina de Internet al CDC website: [www.cdc.gov/flu/swine](http://www.cdc.gov/flu/swine)