



Spreckels Union School District

P.O. Box 7362
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Harold Kahn, Ed.D, Superintendent

April 29, 2009

Dear Spreckels Parents and Staff,

This letter is intended to address the recent concern regarding the confirmed and suspected cases of the swine flu in Mexico, parts of the United States, and other parts of the world. The best information we have at this time is that there is no immediate risk to our community. We also want to reassure you that the Spreckels Union School District is doing everything we can to stay informed and take adequate precautions.

Our schools are working with the Monterey Health Department to monitor the situation and participate in surveillance and monitoring procedures at the local, state, and national levels. We have not been instructed to take any action at this time other than preventive measures during any flu season. Updated information is available at the Monterey County 211 information hotline.

As always, we do encourage any student or staff member who has flu-like symptoms to remain at home and contact their health care provider. The symptoms of swine flu are similar to the symptoms of regular human seasonal influenza and include fever, lethargy, lack of appetite, and coughing. Some people with swine flu also have reported runny nose, sore throat, nausea, vomiting, and diarrhea.

For more updated information about the swine flu advisory, please consult the Center for Disease Control (CDC) web site at <http://www.cdc.gov/swineflu/>.

The CDC recommends the following measures to reduce the spread of viruses. (They are good tips to follow everyday to keep your family healthy!!)

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- Stay home when you are sick. You will recover faster and help prevent others from catching your illness.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. If a tissue is not available, cough or sneeze into the crook of your arm. Always, immediately wash your hands afterward.
- **Wash your hands often to protect you from germs.**
- Avoid touching your eyes, nose, or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his/her eyes, nose, or mouth.
- Practice other good health habits. Get plenty of sleep, eat well, stay physically active, reduce stress, and drink plenty of fluids.

Please be assured that if the situation escalates, we will respond swiftly and appropriately and keep you informed. The safety of our students and staff is our highest priority. If you have any further questions, please contact your family physician.

Sincerely,

Harold Kahn, Superintendent

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