

September 2, 2009

Dear Parents/Caregivers:

It is our goal to foster a safe and healthy environment for your student. In collaboration with the San Francisco Department of Public Health we are asking for your assistance with the following actions in order to help keep your child and other children healthy:

• **INFLUENZA VACCINATIONS**

GET YOUR Child IMMUNIZED for both Seasonal Flu and H1N1 Flu!



- **SEASONAL FLU VACCINE:** This will be available in late August. Please bring your child to his/her health care provider as soon as possible to receive the seasonal flu vaccine.
- **H1N1 (SWINE) FLU VACCINE:** A swine flu vaccine is expected to be available by late October. The Department of Public Health is working with SFUSD and health care providers to plan the most efficient way to provide this vaccine to school children. We will distribute more information as soon as it is available.



• **STAY HOME WHEN SICK**

Students with flu-like illnesses (fever, cough, sore throat, chills, body aches) should stay home for at least 24 hours after they no longer have a fever (100° or greater) without the use of fever-reducing medicines such as acetaminophen (Tylenol).

• **USE GOOD HYGIENE (HAND, MOUTH, NOSE)**

Review and Practice with your child:

- Wash hands frequently with soap and water
- Cover nose and mouth with a tissue when coughing or sneezing (or an elbow or shirt sleeve if no tissue is available). Discard tissue in the trash after use. Wash hands promptly with soap and water after coughing or sneezing.
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Please refer to <http://sfcdep.org/fluprogram.html> or call 3-1-1 for additional information about swine flu prevention and health care providers.

Sincerely,

Carlos A. Garcia, Superintendent
San Francisco Unified School District