



Bullis Charter School

102 West Portola Avenue
Los Altos, California 94022
Tel: 650.947.4939
Fax: 650.947.4989
www.bullischarterschool.com



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Welcome back BCS families!

As we come back together for the new school year, I want to take this opportunity to provide an update on the H1N1 influenza virus and what our plan is here at Bullis Charter School. As you may have heard, the virus has continued to spread worldwide and in California during the summer months. Although the majority of infections have been mild and have resolved without hospitalization, I want to reiterate the need for continued diligence in fighting the spread of illness!

The Centers for Disease Control and Prevention (CDC) continues to recommend that people take the **same precautions they would take to prevent the spread of any influenza virus strain**, such as the following:

- ❑ 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 hand cleaners are also effective.
- ❑ Avoid touching your eyes, nose, or mouth.
- ❑ Try to avoid close contact with sick people.
- ❑ If you have a fever and respiratory symptoms, or any flu-type symptoms, **stay home**.
- ❑ *If you have asthma, make sure you have your inhaler available if you begin to need it.*

At this time, school dismissal is not recommended for suspected and confirmed cases of H1N1 flu. It is recommended, however, that if a child has symptoms of the flu, that they *stay home until 24 hours after the fever is gone* (fever should be gone without the use of medication).

Please be assured that here at school, we will continue to provide hand hygiene lessons to the students, to clean off commonly-touched surfaces daily, and to quickly handle students who may be under the weather.

A vaccine for the H1N1 flu is being developed and will hopefully be available in the fall. It will be a separate vaccine from the annual flu shot. Please consult with your care provider to see if your child should get the vaccine when it becomes available.

Thank you for your continued support of these efforts. Together we can all keep our community healthy!

Jenny Zettler Rhodes, RN, CNS
School Nurse

This information was taken from the CDC website. For more information, visit <http://www.cdc.gov>