



Bullis Charter School

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



September 2009

As we head into the Fall months of the school year, I would like to provide an update to the families of Bullis Charter School on the H1N1 influenza virus.

Based on the continued spread of the H1N1 flu virus worldwide, it is anticipated by health officials that during our flu season, there will be a surge of cases. In anticipation of this, we encourage our school community to continue to reinforce practices that help prevent the spread of the flu.

- ❑ Cough or sneeze into your elbow.
- ❑ Wash your hands thoroughly and often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective when soap and water are not available.
- ❑ 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. People with asthma and some other chronic medical conditions may be at higher risk of needing to seek medical care from the flu.

It is anticipated that the H1N1 vaccine will become available in California in the middle of October. It will be available through regular health care providers. Target populations for the H1N1 flu vaccine include school age children. At this time, the vaccine consists of 2 doses given 3 weeks apart.

It is highly recommended by the California Department of Public Health that people also get the seasonal flu vaccine to keep people well and to prevent resources from being overwhelmed by both seasonal flu and H1N1 flu patients. Contact your health provider for further recommendations.

At this time, school dismissal is not recommended for cases of H1N1 flu. However, we all have personal responsibility to stay home until symptoms are gone. The highest rate of transmission is when fever is present, so stay home until at least 24 hours after fever has resolved 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.

Thank you for your continued support of these efforts!
Jenny Zettler Rhodes, RN, CNS
School Nurse