

NTI Message for 29 Apr. 2009

Good Evening I am Caroline Thibodeau, Director of Health Services for Manteca Unified School District. This is a message about the Swine Flu. The staff and Board of Education are concerned about the health and safety of our students.

Currently there are no known cases of Swine Flu in San Joaquin County. MUSD is in contact with SJ County and CA State public health officials who are acting to combat this threat and we will continue to monitor this outbreak.

Prevention measures are the same as those we use to fight any Flu. Please discuss these measures with your children:

- Wash your hands with soap and water or use an alcohol-based hand gel if soap is not available
- Avoid close contact with sick people
- Keep hands away from face, eyes, nose and mouth
- Stay home if you are ill
- Cough into your elbow or cover mouth and nose with a tissue when coughing or sneezing; throw the tissue in the trash and wash your hands

Another prevention measure the Public Health Department is encouraging us to implement is Social Distancing. This means that during this outbreak we limit our physical contact with one another. It is recommended that we do not shake hands in greeting, hug, or kiss other people. Avoid crowded areas. The less contact you have the less opportunity there is for exposure to those who may be ill. Please discuss these measures with your children.

Go to www.mantecausd.net for web links and more information related to Swine Flu. You may also contact your school's nurse by calling Health Services at 858-0782. Contact the Public Health Department information hotline line at 469-8200. A copy of this message will be placed on our web site.

Thank you and have a Good Evening