

NTI Message for 7 August 2009

Good Evening I am Caroline Thibodeau; Director of Health Services for Manteca Unified School District.

Welcome back to the 2009-2010 school year. This is a quick reminder that Flu Season is approaching.

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 and water are not available
- Keep your child home if they are ill with fever, cough and or sore throat or if they appear 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.

Go to www.mantecausd.net for web links and more information related to H1N1 or Swine Flu. You may also contact your school's nurse by calling Health Services at 858-0782. A copy of this message will be placed on our web site.

Thank you and have a great school year