

Flu Season is here!

According to information from the San Joaquin County Public Health, **since May 2009, the only flu virus identified in San Joaquin County has been the Novel H1N1 or Swine Flu.** The virus is acting much like the regular seasonal flu with temperatures over 100 degrees, sore throat, cough, and body aches. Most cases resolve without medical treatment. At this time the Public Health Department does not require medical providers or schools to report cases of influenza.

**Prevention** is the most important step:

Everyone should stay home if they are ill with flu symptoms

Do not share food or drink

Cover coughs and sneezes with a Kleenex or cough into your elbow or sleeve

Wash hands frequently

Children and adults should obtain a flu vaccination when available.

Consult your medical provider for further information or the Manteca Unified School District Website at [www.mantecausd.net](http://www.mantecausd.net)