



**CONEJO VALLEY UNIFIED SCHOOL DISTRICT
OFFICE OF THE SUPERINTENDENT**

September 14, 2009

Dear Parents:

As we enter the flu season, an increase of influenza at school and at your place of work is expected. Last year the U.S. Center for Disease Control (CDC) and various world health organizations watched the H1N1 virus (Swine Flu) closely and have learned a lot about how it behaves. As a result, the stringent measures required in the past have been relaxed. Suspected cases are no longer reported to public health departments or sent to a lab for confirmation unless hospitalization is required, which is very rare. School closure is discouraged unless the absences reach abnormally high levels. Instead, temporarily isolating individuals who present flu-like symptoms is recommended until they can be sent home. Good hygiene continues to be emphasized: (1) Wash hands with soap and water for 20-30 seconds, especially after coughing and sneezing. If soap and water are not available, use an alcohol-based hand sanitizer. (2) Cover the nose and mouth with tissue or arm when coughing or sneezing. (3) Avoid touching eyes, nose or mouth. (4) Do not share food, drinks or eating utensils. (5) Avoid close contact with someone who is ill. Individuals with symptoms should stay home for at least 24 hours after they have no fever following discontinued use of fever-reducing medicines. The H1N1 virus is characterized by a sudden onset of fever, cough, sore throat, runny nose, muscle ache and sometimes, but not always, nausea, vomiting and diarrhea.

The school district remains in contact with the Ventura County Public Health Department and the Ventura County Office of Education. As we get important new information, we will advise you through our web site, newsletters, or our automatic phone calling system. If we see a spike in absences, we may ask parents to provide symptoms when calling schools to report absences. We have not yet been asked to provide vaccines at schools, but will advise you if that service becomes available. Our commitment is always to a healthy and safe learning environment for your children and the staff that supports them.

For more information on line:

District updates: www.conejo.k12.ca.us (You may use this letter on our web to click on links.)

Ventura County Public Health (VCPH): www.vchca.org/ph

California Department of Education (CDE): www.cde.ca.gov/ls/he/hn/fluinfo.asp

Center for Disease Control (CDC): www.cdc.gov/h1n1flu/guidance/exclusion.htm

Sincerely,

Mario V. Contini
Superintendent