

EAST SIDE UNION HIGH SCHOOL DISTRICT
830 N. CAPITOL AVENUE – SAN JOSE, CA 95133

***H1N1 Influenza Virus Update
and Resources***

Last updated: April 29, 2009 6:30 p.m.

The East Side Union High School District (ESUHSD) has created a [web page](#) to keep parents, students, staff, and community informed with the most current information about the H1N1 influenza virus outbreak. The ESUHSD is in constant communication with the Santa Clara County Public Health Department and other agencies charged with keeping the community safe and informed about health dangers such as the H1N1 influenza virus.

H1N1 influenza is a respiratory illness of pigs cause by infection with the H1N1 virus that can occasionally affect humans. The Centers for Disease Control and Prevention has determined that the H1N1 influenza virus is contagious and can spread from human to human. The symptoms of the H1N1 influenza virus are very similar to regular seasonal flu symptoms. These symptoms include fever, coughing, running nose, sore throat, head and body aches, lack of appetite and general weakness. With the current H1N1 influenza virus, there may be additional symptoms of nausea, vomiting and diarrhea.

Everyone can help to minimize and prevent the spread of the H1N1 influenza virus by following these common health practices:

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often with soap and water, especially after you cough or sneeze.
- Avoid close contact with sick people.
- Get plenty of sleep, drink plenty of fluids, and eat nutritious food.
- Stay home if you become ill.
- Call in to your school if your child becomes ill showing the symptoms listed above.

Community Health Status

There are no confirmed cases of the H1N1 influenza virus in the East Side Union High School District community.

All ESUHSD schools are open and operating normally. Please feel secure in sending your children to school. Screening precautions are in place to monitor any student and/or staff that may appear ill.

H1N1 Influenza Virus Information Sources

- Santa Clara County Public Health Department: <http://www.sccphd.org/portal/site/phd/>
- The California Department of Education's [health information tool kit](#) designed to give schools a booster shot in dealing with flu prevention
- The California Department of Education's [Flu Prevention page](#)
- Centers for Disease Control and Prevention (CDC): <http://www.cdc.gov/swineflu/>
- Key Facts about H1N1 influenza virus (CDC)
http://www.cdc.gov/swineflu/key_facts.htm
- General Information about H1N1 influenza virus (CDC)
http://www.cdc.gov/swineflu/general_info.htm
- World Health Organization (WHO): <http://www.who.int/en/>

Information Line

Information on the H1N1 influenza virus also is available by calling the Santa Clara County Public Health Information Line at (408) 885-3980.



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