

# EAST SIDE UNION HIGH SCHOOL DISTRICT

830 N. CAPITOL AVENUE – SAN JOSE, CA 95133

## *H1N1 Influenza Virus Update and Resources*

*Last updated: May 1, 2009, 6:30 p.m.*

*There are no significant changes.*

*Updated information will be posted Sunday, May 3, 2009.*

We invite you to explore many helpful resources on our website by going to [www.esuhdsd.org](http://www.esuhdsd.org) which includes the brochure: [Home Care Guide: Providing Care At Home During Pandemic Flu](#).

Thank you for your attention to this important matter.

### **Prevention and Minimizing the Spread of the H1N1 Virus**

To prevent and minimize the spread of the H1N1 influenza virus:

- 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.

### **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](http://www.cdc.gov/swineflu/key_facts.htm)
- General Information about H1N1 influenza virus (CDC) [http://www.cdc.gov/swineflu/general\\_info.htm](http://www.cdc.gov/swineflu/general_info.htm)
- World Health Organization (WHO): <http://www.who.int/en/>
- Home Care Guide: Providing Care At Home During Pandemic Flu:  
<http://www.sccgov.org/portal/site/phd/agencyarticle?path=%252Fv7%252FPublic%2520Health%2520Department%2520%2528DEP%2529&contentId=46b4c11c7c8e0210VgnVCM10000048dc4a92>

### **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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