

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

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

*Last updated: May 4, 2009, 6:30 p.m.*

School will be in session at all ESUHSD schools, **Tuesday, May 5.**

To date, the Santa Clara County Public Health Department has no confirmed cases of the H1N1 Influenza Virus in East Side Union High School District schools.

As for other schools in the East Side community, districts were notified, early this morning, that the Public Health Department closed Ruskin Elementary School (Grades K-5) in the Berryessa Union School District, effective Monday, May 4. While Berryessa Union School District is a feeder district to ESUHSD, no high school age siblings have been identified as probable cases. Again, there have been no suspected cases of the H1N1 Influenza Virus reported in ESUHSD schools.

The Public Health Department continues to conduct local surveillance, monitor the situation closely, and informs the public, medical community, schools and other local agencies about the outbreak of H1N1 Influenza Virus.

We invite you to explore many helpful resources listed on our web site ([www.esuhd.org](http://www.esuhd.org)), including the [Home Care Guide: Providing Care At Home During Pandemic Flu](#). **For parents looking for information on how to talk to children about the H1N1 Influenza Virus, refer to the information sheet developed by the [National Association of School Psychologists](#).**

**Prevention and Minimizing the Spread of the H1N1 Influenza 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 for a minimum of 20 seconds each time, 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](#)
- 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 \(CDC\)](#)
- [Key Facts about H1N1 Influenza Virus \(CDC\)](#)
- [General Information about H1N1 Influenza Virus \(CDC\)](#)
- [World Health Organization \(WHO\)](#)
- [Home Care Guide: Providing Care At Home During Pandemic Flu](#)
- [National Association of School Psychologists Parent Resources](#)

### **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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