



East Side Union High School District Health Advisory

The Santa Clara County Health Department has advised school districts to provide information regarding the recent outbreaks of Swine Flu in Mexico and the limited number of cases in parts of the United States.

To date, Santa Clara County and the immediate Bay Area have no confirmed cases of Swine Flu.

However, as a precaution schools have been advised to be cautious and report any flu-like symptoms and take the following action: Students with flu-like symptoms will be asked to stay home until cleared by their doctor.

Lastly, please encourage your children to practice good health hygiene by the following

- covering your mouth when you cough or sneeze
- wash your hands often with soap and water especially after you sneeze or cough
- get plenty of sleep and eat nutritious foods