



# ABC Unified School District

16700 Norwalk Boulevard, Cerritos, CA 90703 (562) 926-5566

## BOARD OF EDUCATION

Olympia Chen • Maynard Law  
David Montgomery • Mark Pulido,  
Armin Reyes • Celia Spitzer • Sophia Tse

## SUPERINTENDENT

Dr. Gary Smuts

Dear Parents and Guardians,

We want to take this opportunity to welcome you back as we begin the 2009-10 school year. It is our goal in ABCUSD to support a healthy learning environment. Therefore we want to take this opportunity to remind you of the steps to take to help keep our students healthy and reduce the spread of the seasonal and H1N1 Flu viruses. Here are a few things you can do to help decrease the spread of the flu in your home and at school.

- **Teach your children to wash their hands** often with soap and water or an alcohol-based hand cleaner for at least 20 seconds (the time it takes to sing “Happy Birthday” twice).
- **Teach your children cover their coughs and sneezes** using their elbow, arm or sleeve instead of the hands when a tissue is unavailable. Remind them to keep their hands away from their face.
- **Know the signs and symptoms of the flu.** Symptoms of the H1N1flu are similar to seasonal flu. They include: fever (100 degrees or greater), cough, sore throat, runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- **Keep sick children at home** for at least 24 hours *after* they no longer have a fever or do not have signs of fever, without using fever-reducing drugs.
- **Do not send sick children to school.** Any children who are determined to be sick at school will be sent home.
- **Plan for childcare at home if your child gets sick.** Update emergency contact phone numbers at your child’s school.
- **Get your family vaccinated for seasonal and 2009 H1N1 flu when vaccines are available** from your family physician or local flu clinics.

The schools will be taking the following steps to reduce the spread of the flu:

- **Encourage staff and students to properly cover coughs and sneezes.**
- **Practice good hand hygiene** by washing with either soap and water or alcohol-based sanitizer.
- **Send sick students and staff home.** Students’ temperatures will be taken when they are not feeling well or if a teacher is concerned about a student’s health. Students and staff will be sent home if they have a temperature of 100 or higher and/or other flu symptoms.
- **Students who become sick at school will be sent to a separate room (in most schools the nurse’s office).** It is recommended that sick staff and/or students wear a mask while waiting in a separate room to go home. Facemasks help stop droplets that contain the flu virus from being spread by the person wearing them. Staff should consider wearing a mask when working in a confined area with several sick students.
- **Routinely clean surfaces likely to have frequent hand contact.** The virus is spread by respiratory means and does not remain on hard surfaces for very long.
- **Keep parents informed with updated information from county agencies.**

School guidelines may change as we get into the flu season. We will continue to work with our state and county health agencies as well as the county department of education to monitor flu conditions and make decisions about the best steps to take concerning schools. Please refer to our website for updated information on the flu and possible flu clinic dates. County and state websites include: CDC: <http://www.cdc.gov/h1n1flu/>, U.S. Department of Health and Human Services: <http://www.flu.gov/>, LA County Public Health Department: <http://www.publichealth.lacounty.gov/acd/h1n1.htm>.

We look forward to a healthy school year.

Sincerely,

Dr. Gary Smuts  
Superintendent