



SCOTTS VALLEY UNIFIED SCHOOL DISTRICT

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To the parents and staff of Scotts Valley Unified School District:

As winter approaches and along with it, flu and cold season, I wanted to send out guidelines on keeping students who are sick at home, and simple measures to use and teach students on how to prevent the spread of illnesses.

Children with a temperature of 100 degrees or higher should stay home. If 100 degree temp and any of the following symptoms are present including cough, runny nose, sore throat or nasal congestion, diarrhea or vomiting contact your medical provider. The child should stay home until there is no fever for 24 hours without the use of fever lowering medicines (i.e. ibuprofen or acetaminophen). When the attendance office at your school is notified please be specific about symptoms. This information should also be followed by adults to prevent the spread of flu and colds.

To prevent the spread of flu (influenza) and colds as well as many other illnesses, the following simple measures are effective:

- 1. Cover your mouth and nose if coughing or sneezing and use a tissue, or use the inside of your elbow, if no tissue is available.**
- 2. Wash your hands often with soap and warm water to the count of 20 (or Happy Birthday sung twice) or use alcohol hand cleanser, especially after coughing or sneezing into hands.**
- 3. Avoid close contact if someone is ill, (i.e. avoid kissing, hugging, and shaking hands).**
- 4. Do not touch your face, especially after contact with ill people or objects used by potentially ill people (i.e. public telephone, keyboards).**
- 5. Eat, drink, sleep and get exercise in healthy ways to stay healthy.**

Sincerely,

Jessie Oster R.N.

Scotts Valley School District Nurse