



Teleparent message from Superintendent Brian Sarvis

Monday, October 26, 2009

This is a message from Santa Barbara School Districts' Superintendent Brian Sarvis regarding the flu.

It is cold and flu season and now that H1N1 swine flu has reached our community, I want to tell you about what you can expect from our schools and how you can help.

We want to decrease the chance of spreading the disease.

Public health agencies do not have firm numbers on how many people have the H1N1 flu. There is no consistent laboratory testing.

Our schools are handling all cases of the flu the same, whether regular flu or the H1N1 flu. Students who come to school with high fevers and other symptoms where they should not be in school are being sent home. For the benefit of all children and school staff, it is very important that parents keep a sick child home and that families plan ahead regarding appropriate child care until their son/daughter is well enough to return to school. Please call the school and let them know if your child is out sick with the flu.

Health agencies are in the process of planning for H1N1 vaccination clinics and expect to have the vaccine within a few weeks.

You should know that some groups of people are at higher risk for the flu and its complications:

- pregnant women are at risk,

- children under two years of age are at risk,

- children 2-18 years of age and adults who have medical conditions such as chronic asthma, emphysema, heart failure, and cancer are at risk. Parents of children with preexisting medical conditions should call their physician at the first sign of illness for preventive treatment.

Healthy children and adults with suspected flu should rest, drink extra fluids, and take fever and pain relievers as needed. If a healthy child or adult has the flu, begins to recover, and then relapses, they should contact their healthcare provider immediately.

Information about the flu is available on our district website or the county website at www.sbcfluinfo.org

Let's do all we can to keep our community healthy.

Thank you.

Adams Elementary School
Cesar Chavez Charter School
Cleveland Elementary School
Franklin Elementary School
Harding Elementary School

Home School Santa Barbara
McKinley Elementary School
Monroe Elementary School
Open Alternative School

Peabody Charter School
Roosevelt Elementary School
Santa Barbara Charter School
Santa Barbara Community Academy
Washington Elementary School

Goleta Valley Junior High School
La Colina Junior High School
La Cumbre Junior High School
Santa Barbara Junior High School

Alta Vista Alternative High School
Dos Pueblos High School
La Cuesta Continuation High School
San Marcos High School
Santa Barbara High School