



Elk Grove Unified School District

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**ARLENE HEIN ELEMENTARY SCHOOL**

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Toni Westermann, Principal  
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June 4, 2009

Dear Parent/Guardian,

In our ongoing efforts at keeping you informed I would like to share with you that the Sacramento County Division of Public Health has informed Arlene Hein Elementary that three students and one staff member have confirmed cases of the H1N1 virus. In all four cases the symptoms have been very mild. The Sacramento County Division of Public Health is not recommending that we close school.

According to the Sacramento public health officials, epidemiological information from recent cases and surveillance suggests that the severity of illness from the new H1N1 strain is not greater than the typical seasonal influenza that circulates in our community every year.

Sacramento County public health officials are recommending limiting the spread of many diseases (including influenza A H1N1) by keeping sick students, faculty and other staff out of school or childcare settings during their period of illness and recuperation, when they are potentially infectious to others.

Parents/guardians are asked to follow the following recommendations from the Division of Public Health:

- Assess all family members and especially school-age children for signs of illness and symptoms of influenza (fever and cough or sore throat) or other flu-like symptoms on a daily basis.
- All sick students, faculty and other staff should stay out of school or daycare until their symptoms resolve and they are well and without a fever for at least 24 hours.
- Students and staff who are ill should stay home and not attend alternative child care, work or other congregate settings where they can infect others.
- Parents may always use their judgment regarding the risk and benefits of sending their children to school during this or any other outbreak.

Please note that Sacramento County Public Health does not recommend that schools require a doctor's note for healthy or recovered students and staff to return to school. It is sufficient that the individual has no fever for 24 hours and symptoms have abated to allow them to return.

Parents, students and staff can help protect themselves from the spread of influenza or H1N1 virus is to follow proper hand washing procedures and cover their coughs or sneezes.

If you have any questions or concerns about the H1N1 virus please contact Sacramento County Public Health at (916) 875-5881 or find information on their website at [www.scph.com](http://www.scph.com)

Sincerely

  
Toni Westermann  
Principal