



LAKE TAHOE UNIFIED SCHOOL DISTRICT PRESS RELEASE

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The Lake Tahoe Unified School District is consistently proactive in providing school staff and parents information about health concerns that may impact their families. In light of the current "Swine Flu" outbreak across the nation, we are providing the following information from the El Dorado County Public Health Department regarding "Swine Flu" and recommendations for families, should someone in their family exhibit flu-like symptoms.

Swine Flu Information

As of April 27, 2009 (12:00 pm): El Dorado County currently has no suspected or confirmed cases of swine influenza (swine flu). Health officials in El Dorado County will continue to monitor flu activity, and are conducting surveillance and control activities.

It is important to keep in mind that all of the swine flu cases identified in the United States so far have been mild cases, and all people have recovered.

Health officials suggest that if you get the flu you should stay home from work or school. Most people who get the flu need supportive care such as extra fluids, rest and over-the-counter medication. If symptoms are severe or persist, please speak with your healthcare provider.

Reduce Your Chances of Getting Sick with the Flu:

- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Cover your nose and mouth with a tissue when you cough or sneeze, and dispose of the tissue in the trash.
- Stay home if you are sick.
- Try to avoid close contact with sick people.
- Avoid touching your eyes, nose, and mouth.

[Swine Flu Activity in California](#)

[General Information about Swine Flu](#)

Questions and answers and guidance for treatment and infection control from the Centers for Disease Control and Prevention. For updated information, check here often.

OTHER USEFUL RESOURCES FROM YOUR SCHOOL NURSES:

Cover your cough: <http://www.cdc.gov/flu/protect/covercough.htm>

Be a Germ Stopper: Healthy Habits Keep You Well: <http://www.cdc.gov/germstopper/>

Flu Prevention Toolkit: Real People. Real Solutions: <http://www.cdc.gov/flu/toolkit/>

Stopping the Spread of Germs at Home, Work & School: <http://www.cdc.gov/flu/protect/stopgerms.htm>