

Parents:

Glenn County Health Department is requesting weekly attendance reports of students absent with the flu. **Please keep your child home and notify the school if your child has a fever of 100 degrees Fahrenheit and one of the following symptoms;**

- Cough
- Sore throat
- Headache
- Body Aches
- Chills
- Fatigue
- Runny Nose
- Can include diarrhea & vomiting

Having these symptoms does not always mean that you have the flu. Many different illnesses, including the common cold, can have similar symptoms.

The swine flu is not at pandemic levels at this time. There are still no confirmed swine flu cases in Glenn County or the surrounding counties.

The simplest precaution is the most effective; wash your hands frequently and sneeze or cough into the bend in your arm.

Thank you,

Carol Anderson R.N.  
School Nurse