



**BOYS & GIRLS CLUBS
OF EAST COUNTY**

Administrative Offices
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Dear Parents and Guardians,

As you may know, the H1N1 flu virus (Swine) is present in our community, state and throughout the nation. Our organization is working closely with County of San Diego Public Health Services to monitor flu conditions and to make the best decisions concerning our Clubhouses. We are doing everything we can to keep our facilities open while protecting the health and safety of members, staff and the community.

To do this, we need your help. Because all influenza or “flu” viruses can easily spread from person to person, we are providing some suggestions to protect you and your family.

- **Teach your children to wash their hands often** with soap and water or use a hand-sanitizer that is at least 60% alcohol. Adults can set a good example by doing this too. **Please notify us if your child has an allergy to hand sanitizer or you do not want your child to use it at the Clubhouse.**
- **Teach your children not to share personal items** like drinks, food or unwashed cups/utensils, pencils, pens, or cell phones.
- **Teach your children to cover coughs and sneezes** with tissues or by coughing into their sleeve or the inside of their elbow. Be sure to set a good example yourself. Avoid touching eyes, nose or mouth since germs spread this way.
- **Know the signs and symptoms of the flu.** Flu-like symptoms consist of fever with cough. Other symptoms include sore throat, chills, aches, headache, runny or stuffy nose, nausea, and vomiting.
- **Keep sick children at home for** at least 24 hours after the fever is gone without using fever reducing drugs. Keeping children with a fever at home will reduce the number of people who may get infected.
- **Do not send children to the Clubhouse if they are sick.** Children who are determined to be sick at the Clubhouse will be sent home.
- **Check with your health care provider about getting yourself and your children vaccinated for seasonal (regular) flu soon and H1N1 flu when available.**

For the most current H1N1 flu information, please visit www.flu.gov.

Sincerely,

Sal Olloqui
Director of Operations



A United Way Agency

El Cajon

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Lakeside

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Santee

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La Mesa