



**HESPERIA UNIFIED SCHOOL DISTRICT**  
**ADMINISTRATION & EDUCATIONAL SUPPORT CENTER**  
**15576 MAIN STREET • HESPERIA, CA 92345**

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Elementary Schools

Carmel • 947-3188  
Cottonwood • 949-1390  
Cypress • 949-2596  
Eucalyptus • 949-0815  
Hollyvale • 947-3484  
Joshua Circle • 244-6133  
Juniper • 244-6161  
Kingston • 244-8869  
Krystal • 948-3611  
Lime Street • 244-0512  
Maple • 244-3096  
Mesa Grande • 244-3709  
Mesquite Trails • 949-3149  
Mission Crest • 949-8265  
Topaz • 244-4622

Secondary Schools

AEC, ROP • 244-1771  
Canyon Ridge • 244-6530  
Cedar Middle • 244-6093  
Community Day • 244-5751  
Hesperia High • 244-9898  
Hesperia Jr. High • 244-9386  
Mojave High • 948-3999  
Oak Hills High • 244-2283  
Ranchero Middle • 948-0175  
Shadow Ridge ISP & Home  
Programs • 244-6530  
Sultana High • 947-6777  
Sunset Point • 244-6530

September 2009

Dear Parents,

Lately, the news media has been covering the possibility of a swine flu (H1N1) pandemic. Right now you may have more questions than answers: how this affects you, and how you and your family can stay healthy. You are probably most interested in how the school your child attends plans to help your child stay healthy.

The H1N1 flu is spread person-to-person through the air when an infected person sneezes or coughs. The virus particles can also land on surfaces, such as door knobs or desk items. People become infected when touching these contaminated surfaces and then touching their own mouths, noses, or eyes.

H1N1 causes flu, with symptoms such as fever, cough, sore throat, body aches, runny or stuffy nose, headache, chills and fatigue. Some people have experienced diarrhea and/or vomiting with the H1N1.

Hesperia Unified School District has a pandemic plan in place that involves all of us: students, their parents and the school staff. It begins with students: if your child is sick or complains of flu-like symptoms, keep your child home, in the house, and several feet away from other family members. Teach your children how to wash their hands frequently throughout the day and to cough into the crook of the arm (the clothing fabric slows down the transmission of the virus and allows it to dry up). Parents should also stay at home when ill and they need to use the same handwashing and coughing methods, and must refrain from kissing or hugging anyone.

Also, the school staff is acutely aware that the flu is most likely spread from children to adults, not the other way around. Children catch it easily and usually transmit it to adults. Teachers and other staff members are practicing good handwashing and coughing techniques and custodians are cleaning surfaces as appropriate. Attendance clerks keep tabs on the numbers of children absent due to illness and, when reported by parents, they track the specific illness. Children complaining of flu-like illness will be separated from the rest of the students while they are waiting to be picked up to go home.

Finally, as numbers of flu cases increase, Hesperia Unified School District will be in close contact with the San Bernardino County Department of Public Health, and will be relying on its direction regarding whether or not schools should be closed. Should the Department of Public Health make such a determination, we will notify you.

Please talk with your doctor about seasonal flu and H1N1 vaccines and follow his/her guidance. If you have questions, please call 760/244-4411 ext 7267 and leave a message for one of our school nurses. For more information on H1N1, please go to [flu.gov](http://flu.gov) for the most up-to-date information.

Sincerely,

Mark McKinney  
Superintendent

MM/MLS/smb