



**HESPERIA UNIFIED SCHOOL DISTRICT**  
**ADMINISTRATION & EDUCATIONAL SUPPORT CENTER**  
**15576 MAIN STREET • HESPERIA, CA 92345-3482**  
**Phone (760) 244-4411 • Fax (760) 244-3714**

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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  
Lime Street • 244-0512  
Maple • 244-3096  
Mesa Grande • 244-3709  
Mesquite Trails • 949-3149  
Mission Crest • 949-8265  
Oxford • 949-8364  
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  
Ranchero Middle • 948-0175  
Shadow Ridge ISP & Home  
Programs • 244-6530  
Shadow Ridge SUCCESS  
Program • 948-8169  
Sultana High • 947-6777

April 29, 2009

Dear Parents,

Although there have not yet been any reported cases of the swine flu in San Bernardino County or in our community, please know that we are closely monitoring the situation.

Public health officials want people to protect themselves against the swine flu, and have suggested the following ways that you can help keep your family members from getting ill:

- Be aware of the signs and symptoms. This flu looks very much like the ordinary flu and includes a fever of 101 or higher, cough, and/or aches and pains. If you notice these symptoms, call your doctor.
- Keep children who are sick at home. Don't send them to school or other public areas. Likewise, adults who are sick should stay home from work and avoid public areas until they are better.
- Teach your children to wash their hands with soap and water for 20 seconds. Hand sanitizers also effectively prevent transmission. Be sure to set a good example by doing this yourself.
- Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow. Be sure to set a good example by doing this yourself.

If you have any questions about this flu, please either call our school nurses at 244-4411, ext. 7267, 7279, or 7360, or contact your health care provider.

For more information online, please go to [www.cdc.gov/swineflu/swineflu\\_you.htm](http://www.cdc.gov/swineflu/swineflu_you.htm).

Working together, we can protect our families and try to keep them healthy.

Sincerely,

Peggy Lindsay  
HUSD School Nurse