

## A MESSAGE FROM BRIAN ZAMORA – DIRECTOR OF HEALTH –SAN MATEO COUNTY HEALTH SYSTEM

The Health System is working with all community partners and healthcare providers to ensure the County is ready to face the new flu season. This flu season will be much more complex than previous years with the arrival of the H1N1 (swine) flu. It is therefore important for everyone to stay informed and take steps to help lessen the effects of the flu on our community.

Schools educators and staff can play an invaluable role in helping to prepare for, and prevent the spread of the flu by reviewing and sharing the following information and guidance:

1. Vaccines: There are two types of flu shots this year and both are very important. The seasonal flu vaccine is available now and it's recommended that everyone over the age of six months get vaccinated as soon as possible. The H1N1 (swine) flu vaccine is not yet available, though it is expected to begin arriving later this fall. All vaccines will be given primarily by people's healthcare providers, as well as distributed through flu clinics located throughout the County. For updated information on vaccine availability and a full listing of vaccine clinics, visit the Health System's website at [www.smhealth.org/swineflu](http://www.smhealth.org/swineflu) and click on "Vaccines". You can also get updates and clinic information from the County Flu Hotline at (650) 573-3927.

2. County Flu Website: The Health System has a new Flu Website designed to provide easy access to timely and accurate information. There is a section with guidance specifically for schools which will be updated with new information such as vaccine availability and school closings. Visit [www.smhealth.org/swineflu](http://www.smhealth.org/swineflu) and click on "Guidance for Specific Groups."

3. New Flu Brochure: "What's New with the Flu" is a new County educational piece available in four languages, English, Spanish, Chinese, and Tagalog. You can view and download the brochure at [www.smhealth.org/flubrochure](http://www.smhealth.org/flubrochure). You can also order brochures free of charge by contacting the Health System at [pmachado@co.sanmateo.ca.us](mailto:pmachado@co.sanmateo.ca.us) or call (650) 573-3726. Please include the quantity you need by language and where to ship them. You can also download flyers and posters from the Centers for Disease Control and the California Department of Public Health. Visit [www.smhealth.org/swineflu](http://www.smhealth.org/swineflu) and click on "Helpful Materials" for a full listing.

4. Health Tips: To help prevent the spread of both seasonal and H1N1 (swine) flu, please urge your students, teachers, staff, and parents to:

- Get a flu shot
- Cover coughs and sneezes with a tissue or sleeve
- Wash hands often with soap and water or an alcohol-based hand cleaner
- Stay home when sick

Thank you for your efforts and commitment to the health and well-being of our children and the community.

Brian Zamora  
Director of Health  
San Mateo County Health System