

Long Beach Day Nursery

1548 Chestnut Avenue • Long Beach, CA 90813 • (562) 591-0509 • Fax (562) 599-8262

September 18, 2009

Dear Long Beach Day Nursery Staff and Families:

Fall is just around the corner, and with the change in seasons also comes the seasonal flu. Public health officials and medical professionals are strongly recommending flu shots, particularly for people aged 50 and over, young children, pregnant women, caregivers to infants and seniors, and others with chronic long term health conditions. The vaccine for seasonal flu is currently available; please contact your own health provider. Many retail drug stores also have flu shots available. We are also very fortunate to have our own health department in Long Beach; attached is a flyer with information on upcoming flu shot clinics. Your Center Directors also have flyers with information on obtaining flu shots directly at the health department.

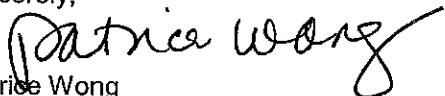
In addition to the seasonal flu, the H1N1 virus ("swine flu") has also surfaced this past year. While recent cases locally and regionally have been mild and have not been any more serious than the seasonal flu, public health officials and medical professionals are also strongly recommending vaccinations for H1N1. The Centers for Disease Control and Prevention have identified the following as priority groups: all children and young adults between the ages of six months and 24 years, pregnant women, members of households with children younger than six months of age, staff at schools and child care/child development centers, healthcare workers, emergency medical personnel, and others with chronic long term health conditions. The vaccinations are expected to be available in October or November of this year. We urge you to contact your own health provider for additional information.

We are in contact with the health department and will also be monitoring LBUSD in order to provide you with the most up-to-date information available to assess flu conditions and to decide on the best courses of action for the health of your children and our staff. We'd like to remind you of the following precautions and hygiene practices:

- Wash hands frequently with soap and water for at least 20 seconds; alternatively, use alcohol-based hand sanitizer.
- Cover your coughs and sneezes; use a tissue and throw the tissue away after use (and wash your hands), or cough/sneeze into your sleeve or elbow.
- Avoid close contact with people who are sick.
- Stay at home when you are sick and don't return to work until 24 hours after a fever goes away without the use of medication (such as ibuprofen or acetaminophen). Keep sick children at home as well, with the same precaution of not returning until 24 hours after a fever subsides.
- Create back-up plans and arrange for alternate child care plans in the event that your child becomes ill and must stay home.
- Eat healthful food, get plenty of exercise, drink fluids, and stay rested.

Each of us has an important role in keeping our communities healthy. Thank you for your attention to this important health issue.

Sincerely,



Patrice Wong
Executive Director



Quality Early Education Since 1912





**City of Long Beach Department of
Health and Human Services – Immunization Program**
with the assistance of Red Cross Volunteer Services



Flu Shot Clinics 2009

Don't let the flu get you.



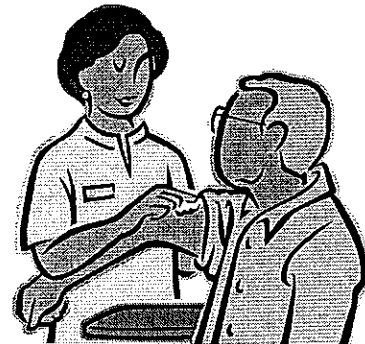
Get your flu shot!

“Seasonal” flu shots will be available for people age 50 and older and ages 18 - 49 with long-term health conditions such as:

- Diabetes
- Asthma, cystic fibrosis or other lung disease
- Heart, kidney or liver disease
- Severe anemia or other blood disorders
- Weakened immune system due to HIV/AIDS, long-term drug therapy or cancer treatment

Flu shots are also available for pregnant women and caregivers to infants and seniors.

These clinics will have only the “seasonal” flu vaccine that is recommended annually. Call 562-570-SHOT (562-570-7468) after November 1 or visit www.longbeach.gov/health for the latest news on the H1N1 (swine) flu vaccine supply and the Long Beach pandemic flu plan.



Long Beach Health Department 2525 Grand Avenue Long Beach	Tues., Sept. 29	9 am – 12 pm
	Wed., Sept. 30	9 am – 12 pm
	Fri., Oct. 2	9 am – 11 am & 1 pm – 3 pm
	Fri., Oct. 9	9 am – 11 am & 1 pm – 3 pm

Long Beach Senior Center	1150 E. 4 th Street	Tues., Oct. 13	9 am – 12 pm
American Gold Star Manor	Spring Street at Santa Fe	Wed., Oct. 14	9 am – 12 pm
Calif. Rec Center/McBride Park	1550 Martin Luther King Jr. Ave	Tues., Oct 20	9 am – 12 pm
El Dorado Park Senior Center	2800 Studebaker Road	Thurs., Oct 22	9 am – 12 pm
Houghton Park	6301 Myrtle Avenue	Wed., Oct 28	9 am – 12 pm

***All clinics are walk-in only. No appointment needed.
Medicare Part B accepted or a \$2 donation requested.***