

**Tehama County Health
Providers who accept Medi-Cal:**

Lassen Medical Group — 527-0414

2450 Sister Mary Columba Dr., Red Bluff

Greenville Rancheria — 528-8600

1425 Montgomery Rd., Red Bluff

Red Bluff Medical Clinic — 528-2420

658 Washington St., Red Bluff

Cottonwood Medical Group — 347-4867

20633 Gas Point Rd., Cottonwood

Corning Medical Associates — 824-4663

155 Solano Street, Corning

Los Molinos Family Health — 384-2372

7883 Highway 99E, Los Molinos

****This is not a complete listing.****

**Call the health provider of your
choice today and ask if they accept
Medi-Cal clients.**

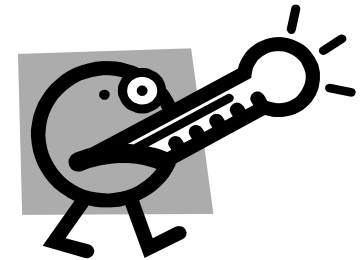
To find out about low and no-cost health insurance, contact Tehama County Social Services for Medi-Cal information at **527-1911** or the Medi-Cal/Healthy Families program at **1-800-880-5305**.



School Health 2008-2009 pamphlets are produced by the Tehama County Department of Education and reviewed by the county nurses.

**SCHOOL HEALTH
2008-2009**

Flu



*A quick guide for students,
parents and educators on
recognizing and treating the
common (Seasonal) flu.*

How do I know if I have the flu?

The common, or Seasonal flu is caused by the influenza virus, which infects the lungs, nose, and throat. The flu can be spread person-to-person by coughing and sneezing, or by touching germ-infested surfaces.

The following list of symptoms have been commonly listed by patients suffering from the common flu:

- Fever
- Severe headache
- Loss of appetite and nausea
- Vomiting and diarrhea
- Dry cough
- Muscle and body aches
- Exhaustion

Don't wait too long to seek a doctor's care, especially if your child has a chronic disease. It is always advisable to see a doctor for any condition lasting longer than 3 days. If you are uncertain, ask your school nurse.

Children are at the greatest risk for developing serious complications arising from the flu.

What to do if you suspect the flu:

If you think your child has the flu, call your doctor early. This will allow your doctor to determine the proper course of treatment based on the severity of your child's symptoms and medical history.

Some children might benefit from an antiviral medication that your doctor can prescribe. To be effective, the antiviral must be taken within 48 hours after flu symptoms begin. **It is up to the doctor to determine if this is right for your child.**



Follow the doctor's orders about how long to stay home. When at home, and even after returning to school, remember to keep the body well-hydrated. Let your school nurse know that your child has the flu. This can help keep other students, faculty and the community healthy.

REMINDER—It's that time of year for children ages 6 months to 18 years old to get their flu shot. Call Tehama County Health Services Agency in Red Bluff at 527-6824 or Corning at 824-4890.

How to reduce your risk of infection:

Wash your hands often. Scrub with soap and warm water for at least 20 seconds, rinsing thoroughly after.

Avoid touching your eyes, nose, and mouth.

Cover your mouth with a tissue when you cough or sneeze. Dispose of the tissue immediately and wash your hands. *If tissues are not available, cough into your elbow.*

Don't share drinks, water bottles, cell phones or music devices with friends.

Regularly disinfect frequently-touched surfaces, toys, and other shared items in the home, car, and in backpacks.

Go in for regular check-ups with your family doctor to make sure that other health issues are not increasing your risk of infection.



Plenty of good sleep and a healthy diet are essential to maintaining a healthy immune system.

For more information on childhood illnesses and links to services, visit the United States Department of Health and Human Services website at: <http://www.hhs.gov/children/index.shtml>