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**LOCAL HOSPITALS AND SCHOOLS PREPARE
FOR THE FALL FLU SEASON**

**Redlands Community Hospital Physicians Remind Parents to Educate Themselves
About Flu Season As Kids Go Back to School**

REDLANDS, Calif- Several schools across the Inland Empire open as early as this week. On top of the swine flu threat, there's the regular flu season, which starts in the Fall, but Redlands Community Hospital is ready to education parents and the general public.

Parents should note, the first line of protection will be good hygiene, especially good hand-washing, according to physicians at Redlands Community Hospital. If soap and water aren't readily available, make sure your child has hand sanitizers in their backpack, along with other school supplies. Washing or sanitizing should also take place before every meal.

Redlands Community Hospital is forging new preventive efforts as part of its commitment to community health. **The hospital is also providing flu vaccinations to hospital patients and is providing widespread outreach to schools, senior centers, churches and other community groups with education about swine flu.**

The World Health Organization says in most countries, the majority of swine flu cases are younger people, with the median age at 12 to 17 years old. Based on the

severity of the 2009 H1N1 illness thus far, the Centers for Disease Control and Redlands Community Hospital physicians recommend that children who are sick should be kept home, especially if they're running flu-like symptoms such as high fever, vomiting or diarrhea. They should also be kept away from other children.

In back-to-school recommendations issued Aug. 7, the Center for Disease Control advised that schools set aside a room for people developing flu-like symptoms while they wait to go home and that surgical masks be used for ill students or staff and those caring for them.