

FLU PREVENTION

The H1N1 flu seems to be just about everywhere. Please help us control the spread of this infectious disease in our community, and especially our schools, by following these guidelines.

- Please teach your children to wash their hands often with soap and water or use an alcohol-based hand sanitizer. You can set a good example by doing this yourself.
- Teach your children not to share personal items like drinks, food or unwashed utensils. Also remind them to cover their coughs and sneezes with tissues or using the elbow, arm or sleeve instead of their hands when a tissue is unavailable.
- The symptoms of the flu include fever (100 degrees or greater), cough, sore throat, a runny or stuffy nose, body aches, headaches, and feeling very tired. Some people may also vomit or have diarrhea.
- **Keep children at home for at least 24 hours after they no longer have fever or do not have signs of fever, without using fever-reducing drugs.**
- Do not send children to school if they are sick. Any children who are determined to be sick while at school will be sent home.