



H1N1 Plan, September, 09

It is important that we all follow RESPIRATORY ETIQUETTE AND GOOD HAND HYGIENE!

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. You may also use the inside of your elbow to cover your cough or sneeze.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners* are also effective.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with a flu-like illness, stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of fever-reducing medicine.) Keep away from others as much as possible. This is to keep from making others sick.
- If you are sick and sharing a common space with other household members in your home, wear a facemask, if available and tolerable, to help prevent spreading the virus to others.
- Follow public health advice regarding school closures, avoiding crowds, and other social distancing measures.

The school will be increasing our diligence in keeping common surfaces such as doorknobs, stair railings, etc., cleaned with appropriate disinfectants on a daily basis. The students in the last class to use them will clean keyboards and "mice" each day. Disinfectant wipes are being provided for computer classrooms, the library and the weight room for use by all that use the common equipment.

PLEASE, if your child is sick with a cough, sore throat or fever, KEEP THEM HOME FROM SCHOOL! Especially if they have these and other flu-like symptoms, consider taking them to a doctor to have them tested, and if it is positive for H1N1, let the school know.

Consider getting the seasonal flu vaccination, and when available, the H1N1 flu shot as well. It now looks as though you will only need one dose of the H1N1 vaccine rather than multiple doses. Remember that the regular flu shot won't protect you against H1N1 flu!

Please check this website for any further help: www.cdc.gov/h1n1flu/schools

Questions? Call Rennae Ross, School Health Coordinator at 795-7522.