

H₁N₁ (Swine Flu) Bulletin

With the flu season upon us we will continue to closely monitor the impact seasonal flu, H₁N₁ (swine flu) and various upper respiratory infections are having on our students and staff. While we continue to experience staff and student absenteeism due to these various illnesses, we will continue to make every effort to continue business as usual.

The health and safety of our children is our top priority. Please consider the following health tips from the Superintendent of Public Instruction and Secretary of Health to help prevent or minimize the impact of flu on our students and schools.

- ❖ One of the most important things you can do to stop the spread of germs is keep children at home if they're sick.
- ❖ Children should stay home from school at least 24 hours after their fever has passed (without the use of fever-reducing medicine).

Things You Can Do to Prevent the Flu

- ❖ Wash your hands: wash your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- ❖ Cover your cough: cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands.
- ❖ Flu shots: get your family vaccinated for both seasonal flu and H1N1 flu (when vaccines are available).

Thank you.

Scott Grabenhorst, Superintendent