

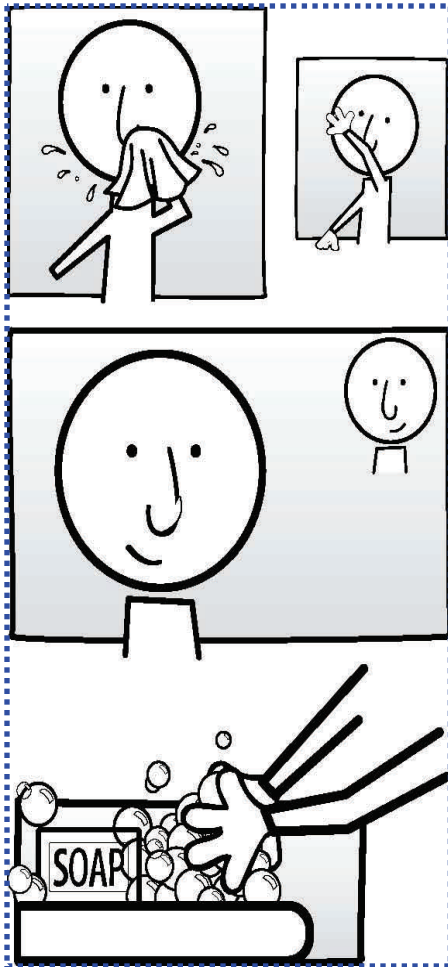
WHAT YOU CAN DO TO PREVENT THE FLU

What about the flu?

We are working with public health to limit the spread of flu in our schools. But we can't do it without the help of every family. The most important steps you and your children can take are:

- * Wash your hands often
- * Stay home if you are sick
- * Cover your cough with a tissue or your arm
- * Get a flu shot when they are available

On-Line Resources



[Seasonal and Novel H1N1 Flu: A Guide for Parents](#)

[Action Steps for Parents to Protect Your Child and Family from the Flu this School Year](#)

[Frequently Asked Questions about Novel H1N1 Flu for Parents](#)

[S.C. DHEC School Exclusion List \(pdf\)](#)

[H1N1 Flu \(Swine Flu\): Frequently Asked Questions \(pdf\)](#)

[Be aware of flu myths flier \(pdf\)](#)

[Achoo asks, "What do you do to prevent the flu?" - Flier \(pdf\)](#)

[Wash Hands Video](#)

[Guidelines for Home Care of H1N1 Flu \(Swine Flu\) \(pdf\)](#)

[Taking Care of a Sick Person in Your Home \(CDC\)](#)

[Help Stop the Spread of Flu, Poster \(English\) \(pdf\)](#)

[Cover Your Cough flier \(pdf\)](#)

[One-stop access to U.S. Government H1N1, avian and pandemic flu information.](#)

[S.C. Dept. of Health & Environmental Control H1N1 Flu](#)

[Centers for Disease Control \(CDC\) H1N1 Flu](#)

Thank you for helping reduce the spread of disease.