

H1N1 (SWINE FLU) FACT SHEET FOR PARENTS

General Information:

- The symptoms of H1N1 (swine flu) in people are similar to the symptoms of regular seasonal flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Symptoms may also include vomiting and diarrhea.
- H1N1 and seasonal flu spread mainly through the coughing or sneezing of infected people.
- If you get sick with the flu, federal guidelines suggest that you stay home from work or school and limit contact with others to keep from infecting them. Children should stay home for at least 24 hours after their fever has gone down (without the help of fever-reducing medicine).

Precautions being taken in our schools:

- Careful hand washing is very important to the prevention of H1N1 and seasonal flu. School Nurses are conducting hand washing/ "cover your cough" education programs district wide and will continue to remind students and staff of their importance.
- All school nurses, food services staff, principals and school faculties are working to prevent the flu through proactive steps, communication, and universal precautions.
- Students with flu-like symptoms will be separated from the general population in school clinics when possible or other rooms (under supervision) while parents are contacted for pick up.
- We are working closely with DHEC to follow federal recommendations. **Their local # for flu information is (843) 953-0095.**

What you can do at home: Common-sense flu prevention practices apply. We ask you and your children to please:

- Cover your nose and mouth with a tissue when you cough or sneeze (if you don't have a tissue, cough or sneeze into your shoulder or elbow);
- Throw tissues in the trash after you use them;
- Wash your hands often with soap and water—for at least 30 seconds—especially after you cough or sneeze;
- Use alcohol-based hand cleaners;
- **Get a flu shot** (seasonal and H1N1 when available);
- Do not touch your eyes, nose or mouth (germs are easily spread this way);
- Try to avoid close contact with sick people; and
- Stay home from work or school and limit contact with others if you or your children get sick. Please **call your healthcare provider** or **contact your school nurse immediately** if you think that your child may have a Swine Flu infection. Visit www.ccsdschools.com for more information.