

SWINE FLU FACT SHEET FOR PARENTS

General Information:

- These cases occur in persons with direct exposure to infected pigs, not from eating pork.
- The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue.
- It is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

Precautions being taken in our schools:

- Careful hand washing is very important in preventing the spread of disease, including Swine Flu. School Nurses have conducted more than 200 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 Swine Flu through proactive steps, communication, and universal precautions.
- The electronic documentation system used by school nurses can be utilized for disease surveillance by tracking trends by symptoms, so that potential public health issues can be identified quickly.
- We are working closely with SC DHEC's Division of Acute Disease and Epidemiology to implement CDC recommendations. **Their local # for more information is (843) 953-0095.**

What you can do at home: Common-sense flu prevention practices apply.

- Covering your nose and mouth with a tissue when you cough or sneeze;
- Throwing tissues in the trash after you use them;
- Washing your hands often with soap and water, especially after you cough or sneeze.
- Using alcohol-based hand cleaners;
- Not touching your eyes, nose or mouth (germs are easily spread this way);
- Trying to avoid close contact with sick people; and
- Staying home from work or school and limiting contact with others if you or your children get sick.