

What we're doing – & what you can do – to fight the flu

We continue to have some students and staff report flu-like symptoms, and here's how we can work together to keep our students and staff safe.

The Novel H1N1 flu (swine flu) causes illness that is similar to regular seasonal flu. Just like seasonal flu, most people who get Novel H1N1 will recover after a few days. The Novel H1N1 flu is common in communities across our state and nation, and some students and staff may have the Novel H1N1 flu.

Things DHEC asked us to do

We stay in contact with the SC Department of Health and Environmental Control (DHEC) to take the necessary precautions to protect our students and staff from the spread of flu.

Here are things DHEC asked us to do to slow the spread of flu and protect our students and staff.

- ◆ Teach students and staff to cover their mouths and noses with tissue when coughing or sneezing.
- ◆ Remind students and staff to wash their hands often with soap and running water or hand sanitizer.
- ◆ Screen ill students for symptoms of the flu.
- ◆ Send students and staff home if they have a fever and flu-like symptoms.
- ◆ Clean surfaces that are touched frequently.

What you can do to help

Slowing the spread of flu is a team effort, and we need your help.

- ◆ Check your child for symptoms of the flu daily.
- ◆ Keep your child at home if he or she has a fever of 100°F or higher with a cough or sore throat. Other flu symptoms are fever with a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- ◆ Children with the flu need to stay home until the fever is gone for 24 hours without taking medicines to reduce the fever – usually at least 3 to 5 days.
- ◆ Practice frequent hand-washing and cover your mouth and nose when you cough or sneeze at home. These healthy habits will help prevent the spread of flu.
- ◆ Vaccinations for seasonal flu and Novel H1N1 flu should be available soon. Talk with your health care provider about getting your family vaccinated.

Who's most at risk from the flu

The people at high risk of becoming very ill if they get the flu are

- ◆ Children less than 5 years old
- ◆ People with asthma, diabetes, immune system disorders, neuromuscular disease or who are pregnant.
- ◆ Check with your doctor right away if someone in your household has flu symptoms and is in a high-risk group. Early treatment with antiviral medications may help lessen symptoms.

For more information

We are doing everything we can to keep our schools healthy and operating normally. Remember, keep your child home if he/she is ill.

If you have questions about this letter please call your school nurse.

Thanks for your help!