

Re: H1N1 Inflammation (Swine flu)/Influenza

Facts you should know about influenza:

- Spread person-to-person when contaminated droplets exit the mouth and nose of an infected person and the virus comes in contact with others.
- Swine flue is not spread by eating pork or pork products.

As we always caution during cold and flu season, it is important to follow good hygiene practices to Promote a healthy home and school environment.

- Wash your hands often. Hand washing with soap and water is the #1 way to prevent the spread of infection. Alcohol-based hand cleaners are also effective if soap and water are not available.
- Cover your mouth and nose with a tissue or use the bend of your arm when coughing and/or sneezing.
- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick.
- Stay home when you are sick. If you are experiencing a fever (100 degrees or higher), congestion, runny nose, sore throat, body aches, cough, lethargy and lack of appetite, stay home from work, school and running errands. You need to prevent others from catching your illness. The CDC recommends calling your health care provider to report illness before seeking care at an urgent care clinic or hospital emergency room unless you are having difficulty breathing or shortness of breath or feel that you are severely ill – at which point immediate medical attention should be sought.
- Notify the school if your child is ill. Your child must stay home until he/she is free of symptoms for 24 hours without fever-reducing medications and/or is cleared by your health care provider to return.
- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his/her eyes, nose or mouth.
- Practice good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat a healthy diet.

The Miamisburg City Schools nursing staff constantly monitors health issues in all our buildings. Our custodial staff also plays an important role in the cleaning of our buildings by using antimicrobial products. We make every effort to promote the health and well-being of our staff and students.

If you would like more information regarding the swine flu, please visit the Centers For Disease Control (CDC) website at www.cdc.gov/swineflu/index.htm, contact your physician's office or contact the Montgomery County Health Department at www.chdmc.org or (937) 225-4395.