

## Parent Newsletter – Flu 2009-2010

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This year students, parents and school staff may have two flu seasons. The H1N1 flu (formerly known as swine flu) spread around the world last spring. It's expected that H1N1 cases will continue to spread this fall. And later this fall and winter, we will see, as always, the spread of the traditional seasonal flu. Norman Public Schools is working with the Cleveland County Health Department to stay up-to-date with the situation.

The symptoms of H1N1 flu are similar to those of seasonal flu. Symptoms may include: Fever, Chills, Cough, Sore Throat, Body Aches, Headache, Fatigue, and in some individuals, Vomiting and/or Diarrhea.

There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like the flu. Take these steps to protect your family's health:

- Teach your children to wash their hands with a lot with soap and water for 20 seconds. Be sure to set a good example by doing this yourself. EPA approved hand sanitizers are also effective.
- Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow. Be sure to set a good example by doing this yourself. Always throw used tissues in the trash immediately.
- People who are sick should stay home from work or school and avoid other people until they have been fever free for 24 hours off of all fever reducing medications.
- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- Teach your child not to touch his or her mouth, nose and eyes. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.