

Back To School and the Flu Season

As area schools get ready to open for the 2009/2010 year there is the possibility of both the seasonal flu and the Novel H1N1 flu impacting students and staff. We wanted to take this opportunity to remind parents and students there are steps that we can all take.

While there may well be two types of flu this season, the prevention measures are the same:

- wash your hands often with soap and water
- cover your mouth/nose with a tissue when coughing/sneezing or cough into your sleeve
- avoid touching your eyes, nose or mouth
- stay home from school when you are sick
- have an alternate place for children if children are sick

Here are some resources for children to learn about good health habits:

www.coughsafe.com

www.henrythehand.com

www.ready.gov/kids

www.fema.gov/kids

If you or your children get influenza-like illness call your healthcare provider. Also, stay home from school and away from gatherings. Children may return to school 24 hours after a fever is gone.

There will be ample supply of the seasonal flu vaccine this fall and it is recommended for everyone 6 months of age and up.

The Novel H1N1 vaccine may be available by mid-October and the Centers for Disease Control and Prevention (CDC) has recommended these vaccinations focus on specific target groups. More information on when and where to get this vaccine will be available when the vaccine is received.

The combination of active prevention measures and vaccinations will help us protect our children and families in Lee County.

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