

SWINE FLU precautions

The State Department of Health has suggested that schools take the following precautions to help prevent transmission:

- Encourage students and staff to stay home if they are sick.
- Emphasize proper hand washing frequently throughout the day.
- Children should use hand sanitizer or wash hands after coughing or sneezing into a tissue.
- Hand sanitizer is ok to use but it doesn't take the place of hand washing.
- Ensure availability of tissue in the classrooms.
- Consider re-arranging classrooms so that students don't face one another – to minimize face to face exposure.

Symptoms of the Swine Flu are said to include:

- Fever (usually high)
- Headache
- Cough
- Sore throat
- Runny nose
- Muscle aches
- Nausea, vomiting and diarrhea

Tell your children to cover their nose and mouth with a tissue when they sneeze or cough. When washing their hands, they should use soap and warm water. They should scrub their hands long enough to sing the birthday song twice.