

H1N1 Flu Virus: Preventing Its Spread Is Key

Influenza spreads when a person with the flu coughs or sneezes. We are asking that you help prevent the spread of influenza at McGregor Schools by taking the following steps:

- **Keep your child home from school if s/he has symptoms of the flu.** This means a fever of 100°F or greater, with a cough and/or a sore throat. Other symptoms may include runny nose, headache, body aches, vomiting & diarrhea.
- **STAY HOME** for at least 24 hours *after* the fever is gone **WITHOUT** the use of fever-reducing medications like Tylenol (acetaminophen) or Motrin (ibuprofen). This means no after school or other activities as well.
- **Remind your child to clean his/her hands often.** Wash frequently with soap & water or an alcohol based hand-sanitizer.
- **Cover coughs & sneezes.** Use a tissue when available, or cough/sneeze into elbow. Hands should NOT be used to cover coughs/sneezes.
- **Have a plan in place.** In the event that your child does get sick at school, please have a plan in place for picking your child up.

More information on the H1N1 flu virus is available at:

www.cdc.gov

www.flu.gov

www.health.state.mn.us

Informational brochures are also available in the school nurse's office. For questions, please contact Heather Nistler, RN, PHN, LSN at 218-768-2111 ext 232 or

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