

H1N1 Flu Update

Flu season is on its way if it isn't already here. It's a good time to review with your student the following ways to stay healthy during flu season:

- Remind your student to wash their hands often with soap and water or an alcohol-based hand rub. They should take about 20 seconds to wash their hands.
- Remind your student to cover their coughs and sneezes with tissues and wash their hands afterward. If a tissue is not available, they should cover up their coughs or sneezes using the elbow, arm or sleeve instead.
- Remind your student not to share drinks, food, unwashed utensils or other personal items.

As a reminder, here are the signs and symptoms of the flu:

- Fever (100 degrees Fahrenheit or greater). Your student may appear flushed, be sweating or shivering, or feel warm to the touch.
- Cough
- Sore throat
- Body aches
- Headaches
- Chills
- Fatigue

Diarrhea and vomiting are also possible symptoms of the flu.

If your student has the flu or a flu-like illness

- Keep your student home until at least 24 hours after the fever has passed without the use of fever-reducing drugs. Students need to stay home from child care, sports practices and other activities as well.

The district office is working closely with Public Health Seattle & King County to monitor conditions and make decisions about the best steps to take concerning schools. Check our school's Web site and the district Web site often for updates.