

Students and Parents:

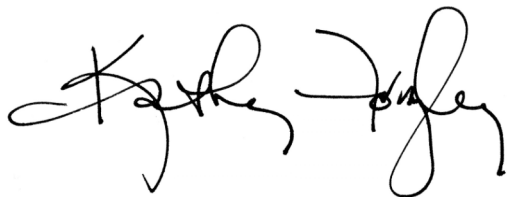
The Oakland County Health Division is working to keep you updated on the current swine flu situation. We have been preparing for the possibility of flu pandemic for some time now. Keep in mind being prepared is one of the best prevention techniques to protect your family. It is essential to prepare at home, in your community, at work and in your school. We urge you to refer to the Health Division booklet entitled "Are you Prepared for a Pandemic or Other Public Health Emergency?" which can be viewed on the following website, [www.oakgov.com/health](http://www.oakgov.com/health)

At this time, personal hygiene is still the best method to prevent illness. The following are recommendations from the Centers for Disease Control (CDC) to keep in mind:

- Wash your hands often with soap and water.
- Cover your nose and mouth with a tissue when coughing and sneezing.
- Dispose of dirty tissues promptly and carefully.
- Avoid sharing cups and glasses.
- Be a good example to others.
- Stay home when sick to prevent the spread of illness.

As always, if your child is exhibiting flu-like symptoms that include fever, cough and sore throat, consult with your physician. When your school age child is sick enough to stay at home with a flu-like illness, this illness should be reported immediately to their school attendance office. The school is responsible for reporting this illness to the Health Division. This will assist us with monitoring illness trends in the community.

OAKLAND COUNTY HEALTH DIVISION  
Department of Health and Human Services



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# PREVENT THE SPREAD OF COLD & FLU



## COMMON SYMPTOMS:

- Fever
- Cough
- Sore Throat

## REMINDE STUDENTS WHEN SNEEZING OR COUGHING TO:

- Cover his or her nose and mouth with tissue
- Put tissue in the trash
- Use proper handwashing

## HANDWASHING TECHNIQUES

- Wet hands, apply soap and scrub for at least 20 seconds
- Thoroughly rinse under warm, running water
- Dry hands completely with paper towel. Use paper towel to turn off faucet handles and open restroom doors.
- Alcohol based hand cleaners

Germ are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

A respiratory **flu virus** is spread when droplets that exit through the mouth and nose of an infected person come in contact with another person.

## REMEMBER :



- When possible, maintain a 3 foot distance from an ill student
- Wash your hands



- Avoid touching your eyes, nose or mouth



- Wear disposable gloves when in contact with or cleaning up body fluids or when disposing of trash



- Clean and sanitize hard surfaces (e.g. door handles, toilet seats, telephones) especially where ill students have been