

## WOONSOCKET EDUCATION DEPARTMENT FLU FACTS

- The symptoms of flu virus in people are similar to the symptoms of seasonal flu and include **fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue**. A significant number of people who have been infected with H1N1 flu virus also have reported diarrhea and vomiting.
- If you are sick with a flu-like illness, **stay home** for **at least 24 hours after your fever** (100° or greater) **is gone**. (Your fever must be gone without the use of fever-reducing medicine, such as Tylenol or Motrin). Anyone who is confirmed to be sick while at school will be sent home.
- **Keep away** from others as much as possible. This is to keep from making others sick. **Plan** for childcare at home if your child gets sick or is dismissed from school.
- **Wash your hands**, often throughout the day. Use warm water and soap. If soap and water are not available, use alcohol-based hand gel.
- **Sneeze and cough into your elbow**. Flu is spread by coughing and sneezing on other people or into your hands. Cover your cough and sneezes to prevent others from getting sick.
- **Talk to your health care provider** to find out if you should be vaccinated for seasonal flu and / or H1N1 flu.
- **Update emergency contact lists**. Ill students must be sent home as soon as possible.



REMEMBER, CLEAN HANDS SAVE LIVES!

[www.flu.gov](http://www.flu.gov)