

East Hollywood High School H1N1 Flu Information and Precautions

East Hollywood High School is aware of the growing concern of the H1N1 virus and has been closely monitoring the latest news updates, both from the Utah Public Health Department (UPHD) and from media outlets.

In keeping with CDC recommendations, East Hollywood students, staff, and faculty who are experiencing flu like symptoms should consult a healthcare provider and avoid unnecessary contact until the symptoms have passed. East Hollywood administration will continue to consult with UPHD and state health departments and take necessary steps as more information becomes available.

We follow the CDC protocol which is to instruct the employee or student:

“Stay home if you are sick for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer. This is to keep from infecting others and spreading the virus further.” (From CDC H1N1 web site.) If the employee or student chooses to go to the doctor and bring a doctor’s statement that he or she is not infected with H1N1, the employee or student could return as soon as he or she is symptom free, if that occurs within the 7 day period.”

The **single best way to prevent seasonal flu is to get vaccinated** each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent the flu. Here are some other steps”

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick, too.

2. Stay home when you are sick.

If possible, stay home from work, school and errands when you are sick. You will help prevent others from catching your illness.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. Clean your hands.

Washing your hands often will help protect you from germs.

5. Avoid touching your eyes, nose and mouth.

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

6. Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Prevention and treatment information is available on the following websites:

<http://www.cdc.gov/h1n1flu/qa.htm>

<http://health.utah.gov/epi/h1n1flu/>

http://www.cdc.gov/h1n1/K12_dismissal.htm

