



1100 East Wendover Avenue
Greensboro, NC 27405

To: Parents of _____ School Students
From: Ward Robinson, MD, Medical Director
Date: August 11, 2009
Re: Flu Facts and Tips

With school beginning in just a few days, we need everyone working together to have a safe and healthy school environment. Here are a few tips from Guilford County Department of Public Health and the Centers for Disease Control and Prevention about seasonal flu and the new H1N1 novel flu virus.

The single best way for adults and children to protect against any flu is to get a flu shot each year. The indicators of influenza include extreme respiratory symptoms such as prolonged dry cough, sore throat, extreme body aches, headache, chills, and fever over 100 degrees Fahrenheit. You should also practice good personal hygiene by regularly washing your hands and using an alcohol-based hand sanitizer. Other tips include:

- **Cover your mouth and nose when sneezing, coughing, or blowing your nose.** Immediately discard all used tissues. If you don't have a tissue, cough or sneeze into a bended elbow or sleeve. Children should be taught this technique.
- **If you get the flu, avoid being in close contact with others** until you have been fever-free for 24 hours without the use of fever-reducing medication. This includes staying away from school, work or other gatherings. While at home, try to remain in one room to avoid spreading influenza germs to other family members.
- **If you are sick, drink plenty of fluids**, and avoid alcoholic beverages.
- **CALL YOUR HEALTH CARE PROVIDER IF YOU EXPERIENCE ANY OF THESE SYMPTOMS:**
 - Trouble breathing including shortness of breath or fast breathing
 - Bluish skin color
 - Pain or pressure in the chest or abdomen
 - Sudden dizziness
 - Confusion or irritability
 - Flu-like symptoms improve but then return with fever and worse cough
 - Inability to drink fluids or to keep them down

The Department of Public Health has created a link to H1N1 information from our homepage. The website is www.guilfordhealth.org. Additional information can be found at www.ncpublichealth.com or the CDC website: www.cdc.gov.

By taking this advice, we can help to assure a healthier school year for students, teachers, and parents! Let us know if you have other ideas.