

## **A Note from the MACS School Health Program about the flu**

Your school nurse works closely with the Mecklenburg County Health Department on any cases of infectious diseases or viruses including the H1N1 or Swine flu. MACS and the Health Department are carefully monitoring the situation and will keep parents informed.

### **Our efforts as always are on prevention:**

1. Your school nurse has already started presenting the annual hand washing in-service to your children.
2. We are taking extra care in cleaning handrails, door knobs, elevator and entry buttons and desks.
3. Your school nurse is proactively meeting with teachers and principals to assess students with respiratory symptoms.
4. Any student in the health room with flu symptoms will be isolated while waiting to go home.
5. Students with flu symptoms will not be sent home on the bus.
6. Your school nurse will call you at home to follow up with student absences related to flu symptoms.
7. MACS will once again sponsor on-site flu clinics beginning in September.
8. MACS nurses will be assisting the Mecklenburg County Health Department with administration of the H1N1 flu vaccine throughout the county, when it becomes available.

### **What Parents Can Do:**

1. Practice good health habits. Ensure your children are getting plenty of sleep, drinking plenty of fluids, eating nutritious foods, and getting regular exercise.
2. Avoid close contact with people who are sick. Stay home when you are sick. Do not send your children to school and contact your family physician when they have any of the following symptoms: fever, cough, sore throat, body aches, headache, chills, and fatigue.
3. Encourage your children to cover their mouth and nose with a tissue when coughing and sneezing.
4. Encourage your children to wash hands frequently.
5. Encourage your children to avoid touching their eyes, nose, or mouth

Currently we have both confirmed and suspected cases of the flu in one of our schools. All parents are encouraged to follow good health practices as the schools continue to be proactive in providing a healthy environment for our children. The Centers for Disease Control and Prevention's (CDC) Swine Flu Web Site, <http://www.cdc.gov/swineflu/> is updated frequently and is the best source of information. Information can also be found on the Mecklenburg County Health Department's Web Site at [www.meckhealth.org](http://www.meckhealth.org) or by calling the health department at (704) 336-2817.

Please feel free to call your school nurse or email Kathie Holder ([kaholder@charlottecatholic.com](mailto:kaholder@charlottecatholic.com)) with your questions and concerns