

Information Concerning Flu Prevention at Faith Academy

As you may know, any form of the flu can be easily spread from person to person. Therefore, we are taking steps to reduce the spread of the flu in Faith Academy. Our goal is to keep the school functioning in a normal manner, but we need your help to do this.

We are working closely with the the Mobile County Health Department and the Alabama Department of Public Health to monitor flu conditions and make decisions about the most effective steps to take concerning health and prevention in our school. We will keep you updated with new information as it becomes available. Here are a few things you can do to help.

- **Teach your children to wash their hands** often with soap and water or an alcohol-based hand rub. You can set a good example by doing this yourself.
- **Teach your children not to share personal items** like drinks, food or unwashed utensils and to cover their coughs and sneezes with tissues. Teach them to cover up their coughs or sneezes using the elbow, arm or sleeve instead of the hand when a tissue is unavailable.
- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- **Keep sick children at home** for at least 24 hours *after* they no longer have fever without using fever-reducing drugs. Keeping children with a fever at home will reduce the number of people who may get infected. If a student is diagnosed with the Swine Flu, they must stay out of school for a minimum of 5 school days.
- **Do not send children to school if they are sick.** Children who are determined to be sick while at school *will be sent home*.

For more information, visit www.flu.gov , or call 1-800-CDC-INFO for the most current information about the flu.