



Things to do to help you stay healthy:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Cough into your sleeve.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Try to avoid close contact with sick people.



Flu-Like Symptoms

Students and employees with flu-like symptoms **must** stay home until those symptoms are gone for at least 24 hours without the use of medicine. Students and employees who develop symptoms at school will sent home.

The symptoms of (H1N1) swine flu in people are similar to the symptoms of seasonal human flu and include:

- Fever
- Cough
- Sore throat
- Body aches
- Headache
- Chills
- Fatigue