



ARCHBISHOP SPALDING HIGH SCHOOL

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ASHS HEALTH ROOM ALERT

N1H1 (Swine) Flu

These recommendations are compiled from the Centers for Disease Control and the Maryland State Department of Health:

Protect yourself and others with common sense precautions:

- Wash your hands often, especially after coughing, sneezing, and wiping or blowing your nose.
- Cover your mouth when coughing or sneezing.
- Use tissues when wiping or blowing your nose; throw tissues away after use.
- If sick, stay home and avoid contact with other people to protect them from catching your illness.

The most important way to limit the spread of H1N1 virus is to isolate sick people. Staying home will minimize the spread of the flu. Use the same judgment you would during a normal flu season. When in doubt, contact your health care provider.

Common Sense H1N1 Flu Checklist:

- Fever (100° F or higher) AND sore throat or cough – stay home and call your doctor.
- If your child only has a Fever alone, OR vomiting OR sore throat or new cough with no fever – keep your child home from school until symptoms are gone for 24 hours.

*For more information go to www.cdc.gov or <http://dhmh.state.md.us/swineflu/index.html>