

The Flu: Information for Parents

Many of you may have heard media reports over the weekend about cases of swine flu that have occurred in other areas of the country. **At this time, there have been no cases of human swine flu reported in Georgia.** However, we do understand the concerns some parents have expressed regarding flu-related illnesses. The Centers for Disease Control and Prevention and our public health department are good sources of information on health-related topics like the flu.

According to the CDC web site (www.cdc.gov), good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are [flu antiviral drugs](#) that can be used to treat and prevent the flu. Other steps to take include:

- 1. Avoid close contact.** Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- 2. Stay home when you are sick.** If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- 3. Cover your mouth and nose with a tissue.** Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- 4. Clean your hands.** Washing your hands often will help protect you from germs.
- 5. Avoid touching your eyes, nose, or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- 6. Practice other good health habits.** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

If you have additional questions about the flu, please contact your healthcare provider. Again, this information is provided as a proactive step to ensure our families are aware of tips that can help keep them healthy. The Douglas County School System continues to communicate with the health department to ensure our school leaders have the most up-to-date information on this topic. Thank you for your continued support of our schools and our efforts to keep our students healthy and ready to learn.