

H1N1 Flu Update

As the school year begins, it might be a good idea to review the district's procedures regarding the flu. The school will take direction from the Muskegon County Health Department.

Unlike last spring, schools will not automatically close upon the confirmation of a H1N1 case in the school. Instead, emphasis will be on reducing the exposure of students and staff to the H1N1 virus and other types of flu.

Students will be asked to cover their mouths and nose when coughing or sneezing. If you don't have a tissue ready, cough or sneeze into your elbow as a way to reduce the spreading of germs in the air.

Hand washing is still the most effective method of reducing exposure to germs. The use of soap and warm water as well as alcohol based hand sanitizers will help keep hands germ free. Children, however, must avoid touching their eyes, nose or mouth. Hand sanitizer dispensers are located throughout the hallways, in classrooms and in most offices.

Stay at home if you have a fever of 100 degrees or more. Then stay home at least 24 hours after it has broken to avoid infecting others.

Vaccines will be available in the coming months for both the "regular" flu as well as the H1N1 strain. These vaccines may require a series of injections in order to provide optimal resistance. It is thought that the H1N1 virus will be particularly hard on children in the six to twenty-six years of age range.

More information and updates regarding the flu can be obtained by calling the "211" help line or the health department's web site at www.muskegonhealth.net.