

Mater Dei High School

H1N1 Flu Prevention Action Plan

To: Mater Dei High School Community

From: Nurse's Office

Mater Dei High school recognizes the public health concerns over the annual flu season including the H1N1 flu virus. We ask the entire community to be vigilant and observe the flu prevention procedures as stated on the website for the Centers for Disease Control and Prevention, <http://www.cdc.gov/swineflu>.

Students should wash hands frequently or use hand sanitizers. Students should avoid touching eyes, mouth and nose as the flu spreads this way. For further information on prevention techniques, please refer to the CDC website.

Students who are sick should remain home. Students with flu-like symptoms should avoid contact with others. Consult your family doctor or a health professional for proper care at home. The CDC recommends that those with flu-like illness ***stay home 24 hours after their fever is gone***, without using fever-reducing medicines such as ibuprofen or acetaminophen.

Please be sure to update your HONEYWELL contact information as the administration will convey further information, if necessary, using the Honeywell Alert System. It has been recommended that schools remain open during the flu season.

For more information, please consult the following:

<http://www.cdc.gov/swineflu>

<http://uscgb.org/liturgy/swineflu.shtml>

<http://www.flu.gov>

Thank your for your cooperation.