



# September Newsletter

## H1N1 Flu

To keep everyone in your family safe from flu, practice the following hints from the CDC:

**AVOID CLOST CONTACT**, especially with people who are sick. Keep your distance when you are sick to protect others from getting sick too.

**STAY HOME WHEN ILL.** If possible, stay home from work, school, and errands when you are sick. This will help prevent others from catching your illness.

**COVER YOUR MOUTH AND NOSE** with a tissue when coughing or sneezing. This may help prevent those around you from get-

ting sick.

**CLEAN YOUR HANDS.** Washing your hands often will help protect you from germs.

**AVOID TOUCHING YOUR EYES, NOSE, OR MOUTH.** Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

**PRACTICE OTHER GOOD HEALTH HABITS** by getting plenty of sleep, being physically active, managing your stress, drinking plenty of liquids, and eating nutritious food.

The flu shot gives protection from the seasonal flu that occurs every fall and winter. The H1N1 shot protects from the swine flu virus that began last springs. The H1N1 virus has caused mild to severe illness and hospitalization in both adults and children. Children do not have immunity to this virus, so they are considered at high risk for in-



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### Special points of interest:

- ☺ Keep student home if ill.
- ☺ Make sure you notified the office if student will be absent.
- ☺ Please bring a doctor note if child was out sick in regards to illness

## Vaccinated

Please get your children and yourself vaccinated against both the seasonal and H1N1 flu. This means getting 2 different flu vaccines this fall. It is important to make sure children get both kinds. The CDC recommends

both vaccines for all children 6 months through 18 years of age. Oakland County Health Division will offer the seasonal flu vaccines starting on September 21, 2009. You can pre-register by visiting

[oakgov.com/health](http://oakgov.com/health).

