



## SCHOOL DISTRICT #8 (KOOTENAY LAKE)

### H1N1 (Human Swine Flu): Insert for School Newsletters

Superintendent of Schools and school district safety officers throughout the province have been in consultation with representatives from the Ministry of Health and Interior Health. Several information packages have been received and can be reviewed on the School District #8 website ([www.sd8.bc.ca](http://www.sd8.bc.ca))

Given the start of the new school year, the following information is provided to assist parents and staff. Influenza is caused by viruses, and is generally spread when an infected person coughs or sneezes. Here are six simple, common sense precautions that can help safeguard everyone's health:

1. **Stay home when you're sick or have influenza symptoms.** Get plenty of rest and check with a health care provider as needed.
2. **Avoid close contact with people who are sick.** If you are sick, keep your distance from others to protect them from getting sick.
3. **Cover your mouth and nose with a tissue when coughing or sneezing, and throw the tissue away immediately.** It may prevent those around you from getting sick
4. **Wash your hands. Washing your hands often will help protect you from getting sick.** When soap and water are not available, use disposable hand wipes or gel sanitizers.
5. **Avoid touching your eyes, nose or mouth.** You can become ill by touching a surface contaminated with germs and then touching your eyes, nose or mouth.
6. **Practice other good health habits.** Get plenty of sleep, be physically active, manage stress, drink plenty of fluids, eat nutritious foods, and avoid smoking, which may increase the risk of serious consequences if you do contract the flu.

For more steps on how to protect you and your family visit [FightFlu.ca](http://FightFlu.ca)

For further information related to schools and the H1N1 virus, please contact your school principal.

Patricia J. Dooley

Superintendent of Schools