

CANTON PUBLIC SCHOOLS HEALTH SERVICES

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WHAT YOU CAN DO TO STAY HEALTHY

- **Stay informed.** The CDC website <http://www.cdc.gov/h1n1flu/> will be updated regularly as information becomes available.
- Influenza is thought to **spread mainly person-to-person** through coughing or sneezing of infected people.
- **Take everyday actions to stay healthy:**
 - ✓ Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
 - ✓ Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol based hand cleansers are also effective.
 - ✓ Avoid touching your eyes, nose, or mouth. Germs spread that way.
 - ✓ Stay home if you get sick. CDC recommends that you stay home from work or school and limit contacts with others to keep from infecting them.
- **Follow public health advice** regarding school closures, avoiding crowds and other social distancing measures. John D'Auria and Janet Donnelly, Nurse Leader, have been working closely with John Ciccotelli, Director of Public Health in Canton and Terri Khoury, Canton's Public Health Nurse to develop a protocol for responding to potential H1N1 cases that might show up in our schools. This can be referenced on the school web site.
- **Develop a family emergency plan as a precaution because it is important to plan ahead.** There is no cause for panic but having a family discussion now is essential. Be certain that your emergency contact numbers are current with the school. Determine who would be available to pick up your child in the event that buses can not be used for transportation. Decide who would care for your child if his/her school were closed. Also be sure to store a supply of food, medicines, facemasks, alcohol-based hand cleanser and other essential supplies.
- **Call 1-800-CDC-INFO** for more information.