

# Elgin Independent School District

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## Elgin ISD Update for Concerns about the H1N1 Virus (Swine Flu)

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For up-to-date information from the **Center for Disease Control and Prevention** and the **Texas Department of State Health Services**, you may follow the links below:

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

<http://www.texasflu.org>

### These are everyday actions people can take 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 cleaners are also effective.
- ✓ Avoid touching your eyes, nose or mouth. Germs spread that way.
- ✓ If you have flu-like symptoms, stay home for at least 24-hours after you no longer have a fever, or signs of a fever, without the use of fever reducing medicines.

### Try to avoid close contact with sick people:

- ✓ Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- ✓ If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.