



Preventing and Preparing for H1N1 (Swine Flu)

- Practice healthy living.
 - Get plenty of sleep
 - Eat a balanced diet
 - Manage stress
 - Drink plenty of fluids
- Cover your cough.
 - Cover your nose and mouth with a tissue when you sneeze or sneeze into the inside of your elbow. Throw the tissue away.
- Wash/Clean your hands often.
 - Soap and water is preferred.
 - Alcohol-based hand cleaners are effective and easy to take with you.
- Avoid touching your eyes, nose or mouth.
- Students must stay home with H1N1-related symptoms that include a fever of 100 degrees or more.
 - Students may not return to school until they are fever-free for 24 hours without the aid of a fever-reducing medication.
 - Student's temperature will be checked upon return to school.
- Follow public health advice. CFISD will be using guidelines from HCPHES.
- Stay informed.
 - Monitor the CFISD website: www.cfisd.net and CFTV Channel 16
 - CDC website: www.cdc.gov/h1n1flu
 - Harris County Public Health and Environmental Services website: www.hcpbes.org