



NEW HAMPSHIRE SCHOOL ADMINISTRATIVE UNIT 29

John W. Day Educational Center 34 West Street Keene, NH 03431 T: 603.357.9002 F: 603.357.9012 www.sau29.org

Wayne E. Woolridge
Co-Superintendent
wwoolridge@sau29.org
x225

COMMON SENSE GUIDELINES REGARDING PREVENTION OF SPREAD OF H1N1 (SWINE FLU)

SOURCE: CHESHIRE MEDICAL CENTER

William B. Gurney
Co-Superintendent
wgurney@sau29.org
x223

Swine Flu or H1N1 is a respiratory disease that is spread the same way as a regular flu. People pass it to one another by coughing and sneezing. Swine flu may cause fever, runny nose, fatigue, sore throat, and coughing – similar to the regular flu.

Catherine L. Reeves
Director of Special Education
creeves@sau29.org
x229

How can you stay healthy and keep your children healthy?

- First if you are sick or your child is sick – stay home.
- Avoid close contact with sick people.
- Wash your hands often with soap and water.
- Sneeze or cough into your sleeve or elbow. Do not cough into your hands.
- Don't share food or drink with others.

Paul R. Cooper
Director of Human Resources
pcooper@sau29.org
x212

How can you protect your children?

- Seasonal flu vaccinations will be available in early fall. It is recommended for all children over the age of 6 months.
- Protect your children by getting the seasonal flu vaccine yourself!
- A specific vaccine will be available in the fall for H1N1.

Meredith C. Cargill
Director of Curriculum &
Assessment
mcargill@sau29.org
x216

What do you do if your child is sick?

- Your child should stay home so they do not pass it on to other children.
- Keep your child home for 7 days or until they have no symptoms for 24 hours.
- Contact your health care provider.

Timothy L. Ruehr
Business Administrator - Towns
truerh@sau29.org
x208

Additional information can be found at:

NH : http://www.dhhs.state.nh.us/DHHS/DHHS_SITE/swineflu.htm

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