



Human Services

As is the case with any communicable disease, the Wake County Public School System is in close contact with Wake County Human Services regarding the current public health concern of Swine Flu. We are providing a check list to aid school staff regarding viral symptoms. If a student or staff member is sick they should stay at home. If a student or staff member presents at school with the symptoms listed on the attached checklist they need to go home and seek medical care.

Below are important guidelines for when a student or staff member presents with symptoms at school. A student or staff person at school needs to go home if they have a:

€ A fever over 100 _ F

OR

A recent onset of flu-like symptoms, which include:

€ Cough

€ Runny or stuffy nose

€ Sore throat

€ Fever or feverishness

€ Tiredness

€ Headache

€ Body Aches

€ Chill

€ diarrhea

€ vomiting.

To protect yourself:

€ Keep your hands away from your eyes, nose and mouth.

€ Use tissues for coughing and sneezing

€ Use proper disposal of used tissues.

€ Make sure sink locations and restrooms are stocked with soap, paper towels.

Keep alcohol-based hand cleaner out of the reach of children to prevent unsupervised use.

€ Wash hands with soap and water frequently or use alcohol-based hand cleaners if soap and water are not available.

€ Wash hands between contacts with others.

€ Use cleaning supplies approved by the school system and keep disinfectants out of the reach of children.

€ Clean frequently touched surfaces and commonly shared items.

For additional information, please go the www.cdc.gov/swineflu/ or call the North Carolina Department of Health and Human Services CARE-LINE at 855-4400 (English/Spanish).