

EVERYDAY STEPS TO PROTECT YOUR HEALTH:

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. If soap and water are not available, use an alcohol-based hand rub that contains at least 60% alcohol.

Avoid touching your eyes, nose or mouth. Germs spread this way.

Try to avoid close contact with sick people.

If you are sick with flu-like illness, it is recommended that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. Your fever should be gone without the use of a fever-reducing medicine.

Keep away from others as much as possible to keep from making others sick.

Students and Employees who are well but who have an ill family member at home can go to school / work as usual. These students and employees should monitor their health every day.

HEAD LICE CONTROL

When the school staff finds head lice and nits, the family of the student will be called and the student will be sent home. They should be treated as soon as possible and kept home until all nits are gone. This student should NOT ride the school bus. According to the Scioto County Health Commissioner, it is the parent's responsibility to remove all nits and lice from the hair before the child can return to school. Parents must remove them manually by hand - a fine tooth comb does NOT always do the job. Before being re-admitted to the school, the student should be rechecked by school staff.

IMMUNIZATIONS

All newly enrolled students must bring their immunization record for the school to copy. All students due for updated immunizations will be checked by the school nurse and their record must be up to date. If any student does not have current immunizations (with the exception of religious or other issues), the Ohio Department of Health requires that that student be suspended from school until "shots" are up to date. If your child has had additional immunizations, please send in a copy of the most current record.

HEARING & VISION SCREENINGS

If your child requires eyeglasses, it is important that they bring them and wear them for school work. The school nurse will conduct hearing and vision screenings on all newly enrolled students and on students every other year, starting with first grade and ending with ninth grade. Once a year, the student in the "odd" grades will be screened for visual acuity and hearing. If your child does NOT pass the screening, a letter will be sent home recommending that a further evaluation by a physician or medical specialist.

(This H1N1 stuff is a bit much, so maybe this should not be used)

H1N1 info:

What is 2009 H1N1 (swine flu)? 2009 H1N1 (sometimes called "swine flu") is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. This virus is spreading from person-to-person worldwide, probably in much the same way that regular seasonal influenza viruses spread. On June 11, 2009, the World Health Organization (WHO) signaled that a pandemic of 2009 H1N1 flu was underway.

Is 2009 H1N1 virus contagious? The 2009 H1N1 virus is contagious and is spreading from human to human.

How does 2009 H1N1 virus spread? Spread of 2009 H1N1 virus is thought to occur in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something – such as a surface or object – with flu viruses on it and then touching their mouth or nose.

Can I get 2009 H1N1 more than once? Getting infected with any influenza virus, including 2009 H1N1, should cause your body to develop immune resistance to that virus so it's not likely that a person would be infected with the identical influenza virus more than once. (However, people with weakened immune systems might not develop full immunity after infection and might be more likely to get infected with the same influenza virus more than once.) However, it's also possible that a person could have a positive test result for flu infection more than once in an influenza season. This can occur for two reasons: A person may be infected with different influenza viruses (for example, the first time with 2009 H1N1 and the second time with a regular seasonal flu virus. Most rapid tests cannot distinguish which influenza virus is responsible for the illness. And, Influenza tests can occasionally give false positive and false negative results so it's possible that one of the test results were incorrect. This is more likely to happen when the diagnosis is made with the rapid flu tests.

What are the signs and symptoms of this virus in people?

The symptoms of 2009 H1N1 flu virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may have vomiting and diarrhea. People may be infected with the flu, including 2009 H1N1 and have respiratory symptoms without a fever. Severe illnesses and deaths have occurred as a result of illness associated with this virus.

What can I do to protect myself from getting sick? This season, there is a seasonal flu vaccine to protect against seasonal flu viruses and a 2009 H1N1 vaccine to protect against the 2009 H1N1 influenza virus (sometimes called "swine flu"). A flu vaccine is the first and most important step in protecting against flu infection. For information about the 2009 H1N1 vaccines, visit [H1N1 Flu Vaccination Resources](#). For information about seasonal influenza vaccines, visit [Preventing Seasonal Flu With Vaccination](#).

Thank you,
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