

About Wayland-Cohocton Central School

Wayland-Cohocton Central School is working with the Steuben County Public Health and the New York State Health Department to stay current on this flu virus, called H1N1, or swine flu. We will soon be experiencing the onset of this virus in our area. Below is information that may be helpful in recognizing, controlling and preventing the spread of this flu virus. Remember, our school will hold a clinic for all students to receive vaccinations for seasonal and H1N1 flu, if you request it. More information on this clinic will be provided by the Steuben County Public Health.

Some things to know about the flu

During the spring of 2009 a new flu virus started making people sick in the United States and throughout the world. At first this illness was called "swine flu," but now you may hear it called H1N1 influenza. To date, most people affected with the H1N1 flu virus have experienced mild to moderate illness, similar to seasonal flu. However, the flu can be serious, and many more people may get the flu this school year.

What can you do?

- **Sick kids should stay home!** They should NOT go to school, work, or out in public. If you think you have the flu, you should stay home and away from others. Individuals with flu-like symptoms should remain home for at least 24 hours after fever has disappeared (without the use of fever-reducing medication).
- **Practice healthy habits.** Cover your mouth and nose when you cough or sneeze with a tissue – not your hand. If you don't have a tissue, cough or sneeze into your sleeve. Wash hands often with soap and warm water, especially after you cough or sneeze. Wash and rub hands for 20 seconds – as long as it takes to sing Happy Birthday twice. Avoid touching your eyes, nose or mouth. Germs spread that way.
- **Get the seasonal flu vaccine for you and your child.** It won't give protection from H1N1 flu, but seasonal flu is also circulating and can make you just as sick.
- **Get the H1N1 flu vaccination for your child** as soon as it is available. Our school will host a clinic in the next month or so providing free vaccines to all students who want them. More information will be coming to you about this clinic. Eventually everyone should be able to get the H1N1 flu vaccine, but those at highest priority are:
 - Pregnant women
 - Health care workers and emergency medical responders
 - People caring for infants under 6 months of age
 - Children and young adults from 6 months to 24 years
 - People aged 25 to 64 years with underlying medical conditions (e.g. asthma, diabetes)

Flu in our school

We expect that some people in our school will get the flu. Treatment for the H1N1 flu is the same as for seasonal flu. Rest, fluids and medicine to reduce body aches and fever, are all that most of us need to recover. For people with certain underlying medical conditions, such as those with asthma and other chronic diseases, flu can be more serious, and these individuals should contact their health care provider.