

HEALTH NOTICE

HELP KEEP OUR STUDENTS/STAFF/AND SCHOOLS HEALTHY

The goal of the Health Office is to ensure that we keep sick students and staff away from well students and staff, to reduce the spread of illness, so we can keep our schools open. **WE NEED YOUR HELP.**

- Students/staff need to **STAY AT HOME** if they are having fever greater than 100 degrees, cough and sore throat. Individuals need to stay home until fever free for at least 24 hours without the use of fever reducing medication.
- While experiencing flu symptoms, individuals need to stay home from school and all other extra-curricular activities, sports, clubs, etc.
- Influenza Like Illness (ILI) are respiratory borne. The only portals of entry are the nostrils and the mouth/throat. **TEACH YOUR FAMILY** the following methods to stay healthy.
 - FREQUENT HAND WASHING
 - “HANDS-OFF-THE-FACE” approach. Refrain from rubbing eyes and putting fingers in nose/mouth.
 - GARGLE 2 TIMES A DAY WITH WARM SALT WATER (or Listerene). * H1N1 takes 2-3 days after initial infection in the throat /nasal cavity to proliferate and show characteristic symptoms. Simple gargling prevents proliferation. ***Don't underestimate this simple, inexpensive and powerful preventative method.***
 - BLOW YOUR NOSE!!!! Clean the nostrils by blowing and/or using saline nasal spray.
 - Boost your natural immunity with foods rich in Vitamin C (citrus fruits).
 - Drink as many warm liquids as possible. * Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash proliferating viruses from the throat into the stomach where they cannot survive, multiply or do harm.
 - When you are outside, take 10 big/deep breaths to fill your lungs with fresh air.
 - Get LOTS of rest/drink plenty of fluids and cover all coughs/sneezes(elbow/sleeve)
- **If you already have ILI** (fever >100, cough, sore throat, muscle aches, chills):
 - STAY AT HOME
 - Rest (Your body needs it)
 - Drink Plenty of Fluids
 - Don't share food/fluids
 - Gargle at least 2x/day
 - Blow your nose and Wash Your Hands after Blowing
 - Dispose of Used Tissues in a waste basket
 - Change your pillowcase each AM
 - Throw away/ disinfect your toothbrush
 - Keep coughs/sneezes to yourself
 - WASH YOUR HANDS!!

We are all working very hard to keep everyone as healthy as possible and WE APPRECIATE YOUR HELP by following these simple guidelines! Thank you, in advance, for doing your part to help keep the schools as healthy as possible.

For additional information please contact:

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NH N1H1 Flu Public Inquiry Line – Dial 211

State of NH Public Information Office – 603-271-4051