

News from the Junior High Nurse

With the new school year just beginning, we know that many of you are concerned about the swine flu (H1N1). The medical community has determined that the H1N1 virus is no more severe than the seasonal flu. However, any flu virus can cause serious illness. I am working closely with the Galveston County Health District as well as Administration to help prevent the spread of the flu here at school.

These are precautions that you can take at home and that we encourage your children to take while at school:

1. **Notify me by email** if your child has been taken to the doctor and diagnosed with the flu. My email address is jmoser@fisd12.net. I am reporting these cases to administration and to GCHD on a daily basis.
2. **Wash those hands** often with soap and water or an alcohol-based hand sanitizer.
3. **Do not share personal items** such as drinks, food or utensils.
4. **Cover that cough & sneeze.** Use a tissue or your elbow instead of your hands.
5. **Keep sick children home** at least 24 hours after they no longer have fever and have not taken any fever reducing medication such as Tylenol or ibuprofen.
6. **Know the signs and symptoms of the flu.** Symptoms include fever (100 degrees Fahrenheit or greater), cough, sore throat, body aches, headache and fatigue. Some people may also have nausea, vomiting, or congestion.

For more information, visit the Fisd main website at www.fisd12.net to view the videos on hand washing and proper cough etiquette and get the latest updates or visit www.flu.gov.

If you have any questions, you can of course call me at the Junior High 281-482-7818 any time between 8am and 4pm. We appreciate your continued cooperation and support as we work together to reduce the spread of the flu in our community.

Sincerely,

Jeanelle Moser, RN, BSN
Friendswood Junior High School Nurse