

Hi Everyone!!

I wanted to bring your attention to 2 things today.

The first thing is about Influenza. Please visit the CDC website posted September 18, 2009.

<http://www.cdc.gov/h1n1flu/sick.htm>

Some things included on the website are:

What To Do If You Get Sick: 2009 H1N1 and Seasonal Flu **On this Page**

How do I know if I have the flu? What should I do if I get sick? What are the emergency warning signs?
Do I need to go the emergency room if I am only a little sick? Are there medicines to treat 2009 H1N1?
How long should I stay home if I'm sick? What should I do while I'm sick?

How do I know if I have the flu?

You may have the flu if you have some or all of these symptoms:

- fever *
- cough
- sore throat
- runny or stuffy nose
- body aches
- headache
- chills
- fatigue
- sometimes diarrhea and vomiting

*It's important to note that not everyone with flu will have a fever.

Also, a toll-free Influenza Hotline has been established to answer your questions about seasonal flu and novel influenza A (H1N1). The Influenza Hotline number is **1-800-447-1985**.

The second thing is that September is **National Food Safety Education Month**.

September 2009 marks the 15th annual National Food Safety Education Month. The theme for this year is Myth-busters: Dishing up Food Safety Fact from Fiction. Unsafe food handling risks at home are more common than most people think. The four easy lessons of 1) Clean, 2) Separate, 3) Cook, and 4) Chill can help prevent harmful bacteria from making your family sick.

The first step to preparing food safely is to CLEAN hands and surfaces often. Bacteria and viruses can be spread throughout the kitchen and get on hands, cutting boards, knives and countertops. Frequent cleaning can keep that from happening. To stop the spread of disease-causing organisms and prevent food-borne illnesses, follow these important guidelines:

- Wash hands with soap and warm water for at least 15 seconds before and after handling food.
- Run cutting boards and utensils through the dishwasher or wash them in hot soapy water after each use.
- Keep countertops clean by washing with hot soapy water after preparing food.

For more information visit www.foodsafety.gov/news/index.html; and you can also look at the other information posted today about the 4 myths of food safety!

Thanks everyone!! Randi Swanson, RN School Nurse