

**SOUTH GWINNETT HIGH SCHOOL**  
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Dear Parents:

Health officials are expecting this to be a busy flu season, both with seasonal flu and H1N1. That being the case, it is not surprising that we are seeing more students with flu-like symptoms in our school community. I wanted to make you aware of this so that you could monitor your child for any symptoms. In addition, know that the school system is following the Centers for Disease Control (CDC) guidelines. As a result, we are asking students and staff with flu-like illness to stay home until at least 24 hours after they no longer have a fever or signs of a fever. This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen).

Remember that the primary means to reduce the spread of influenza focus on:

- Staying home when ill, and
- Practicing good cough and hand hygiene etiquette. These hygiene measures include covering their nose and mouth with a tissue when coughing or sneezing (or coughing or sneezing into their sleeve if a tissue isn't available), frequently washing hands with soap and water, or using hand sanitizer if hand washing with soap and water is not possible.

A key role our school can play is in helping to educate our students and their families on ways that they can be prepared and be healthy this flu season. I encourage you to visit the school system's web site ([www.gwinnett.k12.ga.us](http://www.gwinnett.k12.ga.us)) as it provides additional information and resources for parents on the flu. Additional information may also be found by visiting [www.EMHD.com](http://www.EMHD.com) and [www.cdc.gov](http://www.cdc.gov).

We will continue to work with local health officials to be sure we are doing everything we can to provide a healthy learning environment.

Sincerely,

Clay Hunter  
Principal  
South Gwinnett High School

**Healthy Habits: Staying healthy during cold and flu season**

- Keep your distance. Avoid close contact, maintaining personal space to avoid getting germs from others or sharing your germs with them.
- Don't share personal items (toothbrushes, towels, utensils, etc.).
- Stay home when you are sick and keep children home from school when they are ill.
- Wash your hands frequently.
- Sneeze and cough into your elbow or cover with a tissue. In other words, keep germs off your hands. And put used tissues in a wastebasket. Wash hands after you cough or sneeze.
- Keep "germy" hands away from eyes, nose, and mouth.
- Practice good health habits... Get enough sleep, eat a good diet, be physically active, drink plenty of fluids (especially water), manage stress, and get fresh air... every day.
- Make sure your diet is balanced, with lots of fruits and vegetables, especially dark green, red, and yellow vegetables, and a variety of fruits.
- Get flu shots to protect against both the seasonal flu and the H1N1 flu virus. The CDC strongly recommends flu vaccinations for both children and adults. H1N1 vaccine is expected to be available later in the fall.
- Get a pneumonia shot to prevent secondary infection if you are over the age of 65 or have a chronic illness such as diabetes or asthma.