

# Information about H1N1 Flu

There are currently NO confirmed cases of H1N1 flu in Duval County, however Duval County Public Schools (DCPS) is committed to providing you with current information regarding the H1N1 flu, and how we will be closely monitoring the spread of this influenza.

DCPS is dedicated to the safety of the students in Duval County and maintaining the healthiest environment in our schools. We are working closely with the Duval County Health Department, and are prepared in the event that a case becomes confirmed in Duval County.

Please see the information below regarding tips to prevent the spread of respiratory illness, including flu, and the steps we will take if we receive a confirmed case in one of our schools.

We encourage you to follow the guidelines and recommend that your child stay home if they feel ill. Please seek the care of a physician if you are experiencing flu-like symptoms.

- Stay home if you feel ill, particularly if you have a fever.
- Maintain a strong and healthy immune system by getting adequate sleep, exercise and a healthy diet.
- Wash your hands regularly with soap and water for at least 20 seconds and use an alcohol-based sanitizing gel to sanitize your hands frequently.
- Limit physical contact such as hand-shaking and hugging.
- Stay at least six feet away from a person who is coughing or sneezing.
- Cover coughs with your sleeve or shoulder.

## **Duval County Public Schools process**

- Expect your child to be sent home in the event that he/she comes to school with flu-like symptoms.
- DCPS plans to close a school if one student or school staff member has a Centers for Disease Control confirmed case of H1N1 flu.

The DCPS Web site will continue to be updated as information is made available. You can visit the site at [www.duvalschools.org](http://www.duvalschools.org) or stay tuned to your local news media outlets. For additional information on the H1N1 virus, please visit



[www.doh.state.fl.us](http://www.doh.state.fl.us), [www.cdc.org](http://www.cdc.org) or call the Florida Department of Health Hotline at 1-800-342-3557.