

## YOU CAN HELP STOP THE SPREAD OF FLU.

The Washington State Department of Health and the Office of the Superintendent of Public Instruction are carefully tracking the spread of the H1N1 influenza virus (commonly known as swine flu) and are working with schools and school districts to prepare for the potential impact of this new flu on families and staff members. You can help prevent the spread of any flu virus by washing your hands often with soap and water, especially after coughing or sneezing; by covering your mouth and nose with a tissue when you cough or sneeze, or by coughing or sneezing into your elbow or shoulder rather than your hand; and by getting your family vaccinated for both seasonal flu and the H1N1 flu. The vaccine for the H1N1 virus should be available within the next couple of months. If a person does get sick, the medical experts say the best thing for him or her to do is stay home at least 24 hours after the fever has passed without the use of fever reducing medication. As the annual flu season approaches, you'll be hearing more from us about this important issue.