

**Swine Flu Update**  
H1N1 – Handwashing is a Key Precaution

As H1N1 infections continue it is important to take proactive steps to protect our family during this upcoming school year. The CDC recommends frequent, thorough handwashing. With a full 80% of infections spread through hand contact, taking the time to properly wash hands can help prevent the spread of H1N1, as well as other viruses.

To ensure you are killing as much potentially harmful bacteria as possible, follow these five tips. It is important you also review and practice them at home.

1. Wash your hands frequently throughout the day.
2. Use an antibacterial liquid soap, such as Dial Complete for good hygiene.
3. Make sure to lather vigorously in order to increase the effectiveness of the soap in reducing dirt, germs and bacteria from your hands.
4. Lather and rub hands for at least 20 seconds and make sure to clean under fingernails and between fingers before rinsing with warm water.
5. After rinsing soap off hands, dry hands with a paper towel or cloth prior to turning off faucet, then use towel to turn off faucet to prevent recontamination. If washing hands in a public restroom, use a paper towel to open door before discarding in garbage can.

Keep the following tips in mind. This will provide further protection.

1. Remember to exercise proper hygiene. When coughing, use the crook of your elbow as opposed to your hand to cover your mouth. You will prevent the spread of germs and protect your hands from microbes.
2. Don't share utensils, glassware, water bottles or food.
3. When blowing your nose, it is best to use a disposable facial tissue instead of a cloth handkerchief. Immediately throw the tissue away after use and wash hands thoroughly.
4. Avoid touching your eyes, mouth and nose, and if you do, remember to wash you hands.
5. If you are feeling ill, the best thing you can do for yourself, your family and your coworker is to stay home and rest until you feel better.

Symptoms of 2009 H1N1 in people are similar to symptoms of regular flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headaches, chills and fatigue. A significant amount of people have also reported diarrhea and vomiting.

If your child is unable to attend school due to any of these symptoms, please consult with your family doctor. It is also important that you notify the school.

North Schuylkill School Health Services and the PA Department of Health will be working together to monitor all reported illnesses.

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