**Health room updates on Flu**

 Flu has reached Epidemic level in the South Carolina. I was hoping it would die down during our break but it hasn’t. It is going to take all of us working together to help keep it under control at Long Middle School. These are everyday tips CDC is encouraging us to follow:

 1). **Stay home when sick**. If possible stay home from work, school, and running errands if you are sick. Avoid close contact with people who are sick.

2**). Cover your nose and mouth with a tissue when coughing or sneezing**. Throw tissue away immediately after used and wash your hands. If you don’t have tissue available, cover your mouth and nose with your sleeve, not your hand.

3**). Wash your hands often with soap and water, especially after you cough or sneeze**. If soap and water is not available, use an alcohol-based hand rub.

4). **Avoid touching your eyes, nose, or mouth**. Germs spread this way.

5**). Clean and disinfect surfaces or objects**. Clean and disinfect frequently touched surfaces at home, work, and school, especially when someone is ill.

 Students who come to school with cough, fever, or sore thoat should be seen by the nurse and sent home if needed. Schools will work closely with DHEC regarding any additional recommendations they believe will prevent or contain this illness.

 Symptoms of this year’s strain of flu(H3N2) include high fever, generalized weakness, cough, and muscle aches. Some children are also experiencing nausea and vomiting. Symptoms usually last 3-5 days. Because the flu is viral antibiotics are not needed unless other problems are present. For adults and children who don’t have other chronic illness doctors recommend treating the symptoms. This includes Tylenol/Motrin for aches and fever and cough medications for cough and congestion. Clear liquid diets are also suggested until symptoms subside. Complications such as pneumonia, sinusitis, and bronchitis can occur with the flu, so it is important to see your doctor if conditions don’t improve after a week.

 For additional information about this year’s flu please go to DHEC’s webside:www.cdc.gov/flu. Please feel free to contact me as well if you have questions or concerns. Judy Gulledge 843-921-1010 ext. 1503.