



Wyoming Department of Education

Dr. Jim McBride, Superintendent of Public Instruction
Hathaway Building, 2nd Floor, 2300 Capitol Avenue
Cheyenne, WY 82002-0050

Phone 307-777-7673 Fax 307-777-6234 Website www.k12.wy.us

MEMORANDUM NO. 2009-130

TO: School District Superintendents
School Principals

FROM: Jim McBride, Ed.D. 

DATE: September 4, 2009

SUBJECT: Swine Flu informational flyers and links

IMPORTANT - PLEASE READ

As the school year begins, there is a lot of media attention and general discussion regarding the H1N1 flu, commonly known as swine flu. I wanted to take this opportunity to share with you some materials that have been given to us by the Wyoming Department of Health for use in your schools.

Attached you will find four informational flyers on dealing with the flu in general to distribute and post around your school. In addition, the latest information about the swine flu in Wyoming can be found at the Department of Health's website at www.health.wyo.gov.

Other resources include video PSA's with Sesame Street's Elmo that are available at www.flu.gov/psa/index.html#elmo and other information at www.flu.gov.

If you have any additional questions or concerns, please feel free to contact us at the Wyoming Department of Education.

JM:tcl

Attachments



Wyoming
Department
of Health

Commit to your health.

Fight Flu: Cover Your Cough

Swine flu (novel H1N1) is a new influenza virus strain spreading around the world and causing illness in much the same way as the common seasonal flu viruses we see in Wyoming every year. Symptoms include fever, cough, sore throat, body aches, headaches and fatigue, and sometimes diarrhea and vomiting. Using the same common-sense actions that help protect you and your family from seasonal flu every year is the best strategy to fight swine flu. One important tactic is covering your cough.

What You Should NOT Do

- √ Many of us were taught to sneeze and cough into our hands. But research has shown that's exactly the WRONG thing to do.
- √ Sneezing or coughing into our hands spreads germs when we touch things such as phones, door handles, or shopping carts.
- √ Flu viruses can survive on surfaces and infect others for two to eight hours.

What You Should Do When You Sneeze or Cough

- √ Cover your mouth and nose with a tissue when you sneeze or cough
 - √ Throw your used tissue away into the trash.
- OR
- √ Sneeze and cough into your upper sleeve instead of your hands.

What You Should Do After You Sneeze or Cough

- √ Clean your hands after coughing or sneezing by washing with soap and warm water or using an alcohol-based hand cleaner.

More information online at www.health.wyo.gov

8/09



Wyoming
Department
of Health

Commit to your health.

Swine Flu (H1N1), Wyoming, and You

Swine flu (novel H1N1) is a new influenza virus strain spreading around the world and causing illness in much the same way as the more common seasonal flu viruses we see in Wyoming every year. It's worth paying extra attention to, but should be no cause for great fear at this time. Symptoms include fever, cough, sore throat, body aches, headaches and fatigue, and sometimes diarrhea and vomiting. Because swine flu is new, there may be more illness over the coming months than usual. Using the same common-sense actions that help protect you and your family from seasonal flu every year is the best strategy to fight swine flu.

What can you do to slow the spread of flu:

- √ Stay home from work, school or travel while ill with flu-like symptoms. If you are severely ill (such as having trouble breathing), you should seek medical care.
 - √ Wash your hands often and well with soap and water or use an alcohol-based hand sanitizer.
 - √ Cover your nose and mouth with a tissue or sleeve when coughing or sneezing, and throw used tissues in a trash can.
 - √ Avoid close contact with ill persons.
-
- √ **Stay tuned for changes and listen for future health announcements about swine flu in Wyoming**
 - √ **Follow advice of local and state public health officials**

More information online at www.health.wyo.gov



Wyoming
Department
of Health

Commit to your health.

Fight Flu With Clean Hands

Swine flu (novel H1N1) is a new influenza virus strain spreading around the world and causing illness in much the same way as the more common seasonal flu viruses we see in Wyoming every year. It's worth paying extra attention to, but should be no cause for great fear at this time. Using the same common-sense actions that help protect you and your family from seasonal flu every year is the best strategy to fight swine flu. Your number one weapon is washing your hands often and well.

How to clean your hands:

- √ Put your hand under running water (warm if possible).
- √ Rub your hands together with soap for at least 20 seconds.
- √ Wash your hands thoroughly, including wrists, palms, back of hands and under fingernails.
- √ Rinse the soap from your hands.
- √ Dry hands completely with a clean towel or air dry.
- √ Throw disposable towels into the trash.
- √ If soap and water aren't available, use an alcohol-based hand sanitizer on your hands.

When to clean your hands:

- √ After blowing your nose, coughing or sneezing.
- √ Before and after caring for someone who is ill or treating a cut or wound.
- √ After going to the bathroom or changing diapers.
- √ Before preparing or eating food and after handling uncooked foods.
- √ After handling garbage, animals or animal waste.
- √ When you can see that your hands are dirty.

More information online at www.health.wyo.gov

6/09



Wyoming
Department
of Health

Commit to your health.

What to Do If Flu Gets You

Swine flu (novel H1N1) is a new influenza virus strain causing illness in much the same way as the seasonal flu viruses we see every year. Most people who get swine flu or seasonal flu recover after a few days; however, a few do get seriously ill.

What are the symptoms of swine flu?

- ✓ Fever, cough, sore throat, body aches, headaches and fatigue, and sometimes diarrhea and vomiting.

What should I do if I think I have swine flu?

- ✓ In general, people who develop influenza-like illness should stay home from work, school, or travel until at least 24 hours after they are free of fever to keep from getting other people sick.
- ✓ If you have severe illness or are at high risk for flu complications, contact your healthcare provider or seek medical care.

When is urgent medical help needed?

In children:

- ✓ Fast breathing or trouble breathing
- ✓ Bluish skin color
- ✓ Not drinking enough fluids
- ✓ Not waking up or not interacting
- ✓ Being so irritable that the child does not want to be held
- ✓ Flu-like symptoms improve but then return with fever and worse cough
- ✓ Fever with a rash

In adults:

- ✓ Difficulty breathing or shortness of breath
- ✓ Pain or pressure in the chest or abdomen
- ✓ Sudden dizziness
- ✓ Confusion
- ✓ Severe or persistent vomiting

Ask a medical professional if you have concerns or questions.

More information is available online at www.health.wyo.gov. 8/09