



## Information concerning H1N1 Influenza

It's not too late to get the H1N1 vaccine, which is readily available.

The New Caney Independent School District is closely monitoring all information from the Center for Disease Control, Department of State Health Services and our local Health Department officials concerning H1N1 influenza.

All school personnel will remind our students and staff to wash their hands frequently and practice good hygiene. NCISD requests anyone who has symptoms of the flu to use good judgment, stay home, and consult your family doctor.

The NCISD Health Services Coordinator is in communication with our county's Health Department Personnel who advises us on developing issues of all kinds in our area. Our district will monitor and provide information in accordance with the Health Department regarding any health issues that may develop during this school year.

### Everyday reminders about good health habits to prevent the spread of germs:

- \* Wash your hands frequently.
- \* Cover your mouth and nose when coughing or sneezing.
- \* Cough or sneeze into your sleeve if no tissue is available.
- \* Avoid touching your eyes, nose, or mouth.
- \* Stay home when you are sick.
- \* Avoid close contact with people who are sick.
- \* Practice other good health habits.
- \* Get a flu vaccination when available.
- \* Call your family doctor if you have flu-like symptoms.

### WEBSITES:

[WWW.CDC.GOV/H1N1FLU](http://WWW.CDC.GOV/H1N1FLU)

[WWW.FLU.GOV](http://WWW.FLU.GOV)

[WWW.CDC.GOV/H1N1FLU/ESPAÑOL](http://WWW.CDC.GOV/H1N1FLU/ESPAÑOL)

[WWW.UTMB.EDU/MCHD/INDEX.HTM](http://WWW.UTMB.EDU/MCHD/INDEX.HTM)

