

Cumberland Regional High School is taking steps to reduce the spread of flu and to keep the school functioning in a normal manner during the flu season.

**Steps the school is taking:**

Alcohol-based hand cleanser and tissues will be provided in every classroom.

Desks, keyboards, door handles, water fountains, locker rooms, cafeteria tables, and bathrooms are sanitized nightly.

The Cumberland Regional website will be updated on the H1N1 flu as information becomes available.

There is a Cumberland Regional hotline regarding events and school health. Call 451-9400 and press the number 6.

Global connect will also be used to share important information regarding school health.

Students who are determined to be ill while in school will be sent home.

**What parents and guardians can do to help:**

Encourage family to wash their hands often with soap and water for at least 20 seconds or use an alcohol-based hand cleanser.

Encourage family not to share personal items like drinks, food, unwashed utensils.

Encourage family to cover up their coughs and sneezes using the elbow, arm, or sleeve instead of the hand if a tissue is not available.

Know the signs and symptoms of the flu. Symptoms include fever (100 degrees Fahrenheit or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.

If your child is sick, please keep him/her at home for at least 24 hours after they no longer have a fever or signs of a fever without using fever-reducing medications. Keeping children with a fever at home will reduce the number of people who may get infected.

Do not send your child to school if they are sick.

Please make sure that you have transportation available to pick up your child during the school day.