

Lincoln County School District
H1N1 Health Update

As any local cases of swine flu are confirmed, the safety of students and staff continues to be the top consideration of the Lincoln County School District (LCSD). This strain of flu is behaving in much the same way that seasonal flu occurs each year. LCSD urges people to practice good health habits to limit or avoid the spread of swine flu, seasonal flu and other illnesses. Please visit the following websites for additional information:

www.cdc.gov
www.flu.nv.gov
www.flu.gov

We suggest the following Good Health Practices:

- Get your seasonal flu vaccination.
- Sneeze/cough into your sleeve.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand sanitizers are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you get sick with the flu, stay home from work or school and limit contact with others to keep from infecting them.