Archdiocese of Detroit
OFFICE OF THE SUPERINTENDENT FOR CATHOLIC SCHOOLS

Students and Parents:

The Office for Catholic Schools would like to keep you updated on the current swine flu situation. Please keep in mind, personal hygiene is still the best method to prevent illness. There are everyday actions people can take to stay healthy. The following are recommendations from the Centers for Disease Control (CDC) to keep in mind:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

As always, if your child is exhibiting flu-like symptoms that include fever, cough and sore throat, consult with your physician. When your school age child is sick enough to stay at home with a flu-like illness, this illness should be reported immediately to your school attendance office. The school is responsible for reporting this illness to our office. This will assists us with monitoring illness trends in the community.

For more information, visit www.AODonline.org/fluadvisory

OFFICE FOR CATHOLIC SCHOOLS
ARCHDIOCESE OF DETROIT

Sr. Mary Gehringer, OSM
Superintendent

Vic Michaels, CAA
Director of Health and Safety

305 MICHIGAN AVENUE ■ DETROIT, MICHIGAN 48226-2605 ■ TEL 313•237•5775 ■ FAX 313•237•5867