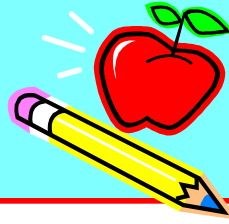


**STAY
HEALTHY!**



**Abbeville County
School District**
400 Greenville St.
Abbeville, SC 29620
September 14, 2009

School Health Newsletter

Flu Season

We are approaching the regular flu season. The following information will help keep you healthy and decrease your chances of becoming infected with the flu virus.

Flu Prevention Facts

Daily exercise boosts the immune system and can help keep us from becoming sick. Simple exercises such as walking 15-30 minutes daily can help. Students should make sure to avoid walking without adult supervision. Stay away from busy streets and highways. Walk in a safe place, and never walk alone. Eating a diet rich in fruits and vegetables can also help. Try to eat at least 5 fruits and vegetables daily. Remember to get at least 8 hours of sleep daily. More sleep is necessary for young children.

Flu Shot Clinics

Flu shot clinics for the public will be held on the following days. These shots are for the regular flu. The H1N1 vaccine has not been released yet:

Abbeville County Health Dept. 366-2131-You must call for an appointment.

Tuesday- Sept. 22nd- 8 a.m. until 5 p.m.
@ Southside Baptist Church- Abbeville

Wednesday-Oct. 7th- 3 p.m.-7 p.m. @
CVS Pharmacy - Abbeville

Sunday- Oct. 25th - 3p.m.-7 p.m. @CVS
Pharmacy - Honea Path

Friday- Nov. 13th - 10 a.m. until 2 p.m.
@CVS Pharmacy - Abbeville

Flu Prevention Guidelines

- A. Flu spreads when a person touches a surface that has been contaminated with the flu virus.
- B. The virus travels on hands placed in the eyes, nose, or mouth and enters the body.
- C. The virus can also travel through the air by tiny droplets when someone coughs or sneezes without covering the mouth and nose.
- D. Practice good hand washing by using soap and water. Rub your hands together to make a lather and count from 1 to 60. Then rinse your hands well and dry them off with a paper towel. Use the paper towel to turn water off, and then throw the paper away.
- E. If no water is available, use an alcohol based hand sanitizer.
- F. Cover your mouth and nose when sneezing with a tissue. Throw the tissue away in the trash, and then wash your hands.
- G. If no tissue is available, sneeze into the bend of your arm, if you are wearing long sleeves.
- H. **If you have the flu, please stay at home and follow your doctor's advice until you are well. Parents, please do not send your child to school if you have given them fever reducing medication within 24 hours. They should be fever-free without taking fever reducing medication for 24 hours.**
- I. **One of the best ways to prevent the flu is to get a flu vaccine. See list of flu shot clinics to the left.**

Nutrition

Getting enough calcium is important for building strong bones and teeth. An 8-ounce glass of milk has 300 mg. of calcium.

Students 9-18 years of age need 1,300 mg. of calcium a day. Other foods rich in calcium are yogurt, cheese, dark green leafy vegetables, and orange juice with added calcium.

Students 4-8 years of age need 800 mg. of calcium. One slice of cheese pizza has 220 mg. of calcium.

Studies show that most kids don't get the calcium they need. In fact, more than half of teenage boys and girls don't get the recommended amount of calcium.



Parents, please do not send high energy drinks to school with your children. The increased sugar can cause dental decay, and the increased caffeine can cause elevated heart rates and blood pressure readings. This is recommended by school nurses.

School Nurses

Patti Campbell
Angie Stone
Cheryl Ferguson
Jill Kanapeckas
Kathy Jones
Debbie Jacks
Dana Wiley
Amie Humphreys
Sandy Knox

District Office & Career Center
Long Cane Primary
Abbeville High
Cherokee Trail
John C. Calhoun
Dixie High
Diamond Hill
Westwood
Wright Middle

366-5427
366-5924
366-5916
379-8500
418-8016
379-2186
446-2600
366-9604
366-5998

H1N1 Prevention

The H1N1 flu is transmitted from person to person in the same way the seasonal flu is transmitted. Making sure we are all careful about washing our hands, and keeping our coughs and sneezes covered, are important ways to help prevent transmission of both types of flu. Flu spreads when a person touches a surface that has been contaminated with the flu virus. The virus travels on hands placed in the eyes, nose, or mouth and enters the body. The virus can also travel through the air by tiny droplets when someone coughs or sneezes without covering the mouth and nose.

One of the best ways to prevent becoming ill with the H1N1 virus is to take the vaccine. The H1N1 vaccine may consist of two immunizations given approximately twenty days apart. Both of the H1N1 vaccines and the seasonal flu vaccine are recommended. Also, please remember that vaccination for the H1N1 flu is recommended even if you have been told you have tested positive for Type A influenza. The seasonal flu vaccine is also recommended even if you have been told you have tested positive for Type A influenza.

Remember to wash your hands, cover coughs and sneezes and stay healthy!