

# Middle School Guidance



## H1 N1 Flu (Swine Flu) & You

November 2009

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Novel H1N1 (swine flu) is a new influenza virus causing illness in people. This virus was detected in people in the U.S.A. in April 2009. The virus is spreading worldwide in much the same way that seasonal influenza viruses spread. The H1N1 virus is considered contagious by the Center for Disease Control (C.D.C.) because it can be spread from human to human. This virus is thought to spread in the same way that the seasonal flu spreads. Signs and symptoms of this virus: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Individuals infected with this virus also report having diarrhea and vomiting.

Prevention and treatment against the H1N1 virus: Currently, there is no vaccine available. A vaccine may be ready by the fall of 2009. Simple tips you can do to protect yourself: Cover your

nose and mouth with a tissue when you cough or sneeze. Dispose of the tissue in the trash after you use it. Wash your hands often with soap and water, especially after coughing or sneezing. Avoid touching your eyes, nose or mouth. Germs are easily spread this way. Try to avoid contact with sick people. If you are sick with flu-like illness, the C.D.C. recommends that you stay home for at least 24 hours after your fever is gone.

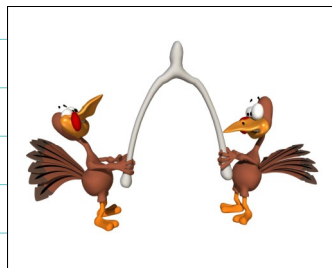
This virus can remain viable on objects (books, desks, and doorknobs) from 2 to 8 hours after being deposited on the surface. Influenza virus can be destroyed by heat 167degrees to 212 degrees. In addition, several chemical germicides, including chlorine, hydrogen peroxide, detergents (soap), iodophors (iodine-based antiseptics), and

alcohols are effective against the influenza viruses if used in proper concentration and for a sufficient length of time.

For more information on the H1N1 Flu (Swine Flu) visit the Center for Disease Control website. [www.cdc.gov](http://www.cdc.gov)

### Quote of the month

"Obstacles are only opportunities to succeed or fail; how we handle them determines what will happen."  
(Unknown)



**Happy  
Thanksgiving**

### Points of Interest:

- ✓ - Absent from school? Check out the teacher lesson plans by logging into the Logic House Parent Portal.
- ✓ - Excuses are due the day students return to school. A grace period of three days is allowed before becoming illegal.
- ✓ - Bullying information can be found at: <http://www.bbsd.com/bullying>

Contact Mr. Smith

Phone # 267 -6931

E-mail -  
[msmith@bbsd.com](mailto:msmith@bbsd.com)

Webpage - <http://www.bbsd.com/ms/faculty/marksmith>

## Important Upcoming Events

The following are a listing of important dates to remember:

**November 3, 2009** - End of the First Nine Week Grading Period.

**November 13, 2009** - Middle School Fun Night. (6:30 - 9:00)

**November 25, 2009** - Early dismissal.

**November 26, 2009** - Happy Thanksgiving.

**November 27 through December 1, 2009** - Thanksgiving Vacation. No school.

**November 30, 2009** - Buck/Doe season begins.

**December 10, 2009** - Second Nine Week Grading Mid-Term.

**December 23, 2009** - Early dismissal.

**December 24, 2009** - Christmas Eve.

**December 25, 2009** - Merry Christmas!

**December 26 through December 31, 2009** - Christmas Vacation.

**December 31, 2009** - New Year's Eve.

**January 1, 2010** - Happy New Year.

**January 4, 2010** - Return to school from Christmas Vacation.

