



# HEALTH DEPARTMENT

## Mount Clemens Health Center

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### Students and Parents:

The Macomb County Health Department is working to keep you updated on the current swine flu situation. We have been preparing for the possibility of a flu pandemic for some time now. Keep in mind being prepared is one of the best prevention techniques to protect your family. It is essential to prepare at home, in your community, at work and in your school.

At this time, personal hygiene is still the best method to prevent illness. The following are recommendations from the Centers for Disease Control (CDC) to keep in mind:

- Wash your hands often with soap and water.
- Cover your nose and mouth with a tissue when coughing and sneezing.
- Dispose of dirty tissues promptly and carefully.
- Avoid sharing cups and glasses.
- Be a good example to others.
- Stay home when sick to prevent the spread of illness.

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

Further questions can be directed to the Health Department Communicable Disease Hotline at (586) 469-5473.

Sincerely,

Thomas J. Kalkofen, M.P.H.  
Director/Health Officer

jdb

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