



# ***NEWS RELEASE***

## **St. Charles County Government**

**Department of Community Health and the Environment**

*Gil Copley, Director*

*FOR IMMEDIATE RELEASE: August 20, 2009*

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### **Fight the Flu**

Good hygiene emphasized as children head back to school

**St. Charles County** – As a new school year begins, the St. Charles County Department of Community Health and the Environment reminds parents and teachers to help children avoid becoming sick, especially with novel H1N1 flu, also known as swine flu.

“Children are particularly susceptible to H1N1 flu, and once it gets a foothold in a school, the virus can spread quickly,” said Gil Copley, director of the County Department of Community Health and the Environment. “Since there is no vaccine available yet, it’s important for students, parents, and teachers to take steps now to avoid spreading this virus.”

Copley urged good hygiene practices, such as:

- Covering coughs and sneezes with a tissue, or using the crook of your arm.
- Washing hands frequently with soap and water, or using hand sanitizers.
- Keeping children with a fever home from school.
- Avoiding close contact with sick people.

“What’s good about these common-sense tips is that they can help children and adults prevent all sorts of infectious diseases, not just the flu,” Copley said.

As the flu season ramps up, Copley said the department would provide updates about the flu, its prevention, and available vaccinations. Schools, businesses, and individuals should monitor the latest guidelines from the Centers for Disease Control and Prevention (CDC), available online at [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu). The department is also keeping its special Internet web site updated at [www.scchealth.org/swineflu](http://www.scchealth.org/swineflu).

The St. Charles County Department of Community Health and the Environment is committed to the protection and enhancement of health and the quality of life for all members of our community. For more information, call (636) 949-7400 or visit [www.scchealth.org](http://www.scchealth.org).

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