

## Pembroke Pines Charter Middle Schools

### Field Trips

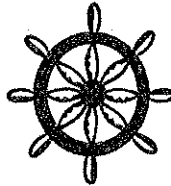
The City of Pembroke Pines Charter Middle Schools believe that field trips can be an important part of the learning process and should be tied to the curriculum as appropriate. Each teacher is eligible to sponsor a field trip with the approval of their principal. Throughout the school year, efforts are made to communicate which field trips are planned at each campus as a part of the curricular meeting held by the department heads, curriculum specialist, and administrators.

Our schools generally follow the School Board of Broward County, Florida policy on field trips (Policy 6303). An important change is that our field trips are governed by the policies and procedures of the City of Pembroke Pines rather than the district. All field trip contracts are reviewed and approved by the City Attorney.

Every effort is made to ensure student while on a field trip. Teachers acting as chaperones are instructed on how to contact their school administrator in case of an emergency. In an emergency, teacher chaperones are instructed to follow the procedures and directives of the local authorities.

Under special conditions, to be determined by Administration, students may be denied participation in educational or non-educational field trips and educational school-sponsored activities (See SB Policy 6303).

# Pembroke Pines Charter Middle School



## **Guide to Proactive Discipline 2013-2014**

Be Respectful

Be Responsible

Keep Hands and Feet to Self

Follow Directions

Be Safe

*Pembroke Pines Charter Schools follow the "Broward County Public School Code of Student Conduct" and this document directly aligns with their policy.*

***I have read the "Guide to Proactive Discipline" at Pembroke Pines Charter Middle School which includes "Rights and Responsibilities" and "Rules and Consequences." Study and review this document with your child. Knowing and being aware of these rules are very important and will affect your child throughout the year. We are confident that with your support our students will enjoy a learning environment where increased academic achievement will take place. When you review and reinforce these concepts at home, you are doing your part to increase your child's overall success.***

Student: \_\_\_\_\_ Grade: \_\_\_\_\_

**Student Signature:** \_\_\_\_\_

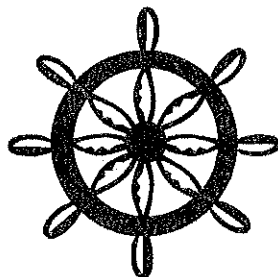
Parent/Guardian: \_\_\_\_\_

*please print clearly*

Parent/Guardian Signature: \_\_\_\_\_

***Please sign and return the Pembroke Pines Charter Middle School "Guide to Proactive Discipline" plan and the Broward County Code of Conduct within three days of receipt no later than Wednesday, August 21, 2013.***

***Pembroke Pines Charter Middle School***  
**Discipline Plan**



**Central Campus**  
**Mr. Bass, Principal**  
**Ms. Pizzo, Assistant Principal**

**West Campus**  
**Ms. Flowers, Principal**  
**Mr. Castellanos, Assistant Principal**

**Our Vision**

To create a collaborative learning Community that cultivates Character and provides a challenging Curriculum.

**Our Mission**

To provide a personalized learning experience that prepares all students to become global citizens.

## Discipline Plan

School discipline has two main goals:

- To ensure the safety of staff and students, and
- To create an environment conducive to learning

## Expected Student Behavior

- Students must follow rules in the Broward County Code of Conduct. Unacceptable behaviors outlined in the Code of Conduct begin on page 19 will be subject to disciplinary actions.
- Dress appropriately for school by following the uniform dress code, wearing uniforms approved by the school and wearing an I.D. badge (in visibly good condition). This makes it easy to identify visitors, which helps keep our school safe.
- Walk in the corridors. Running has the potential for injuries and causes a disruption.
- Keep hands, body and objects to themselves. Doing so helps to prevent injury and disruption.
- Be courteous. Be respectful toward staff and peers.
- Leave candy and gum at home. Gum and candy are prohibited on campus because they may cause damage to school property.
- Do not wear head coverings including, but not limited to caps and hats or scarves/bandanas, unless they are necessary for safety in certain classes, health or religious reasons.

These rules are designed to reinforce the mission of the Pembroke Pines Charter Schools and the Broward County Code of Student Conduct.

## BEHAVIOR TRACK

Repeated rule violations will result in the student being placed on the Behavior Track. Student behaviors that are inappropriate need to be dealt with in the classroom and by their team. When three interventions and a parent contact have been documented, a referral will be issued and subject to the SBBC Discipline Matrix.

Each student referral requires three (3) interventions plus parent contact; this may include a Response to Intervention (RTI). Thereafter, an additional intervention and a parent contact are needed. Interventions do not "carry over" from referral to referral.

- Administrative Detention
- Two Administrative Detentions
- Saturday Detention
- Suspension for 1 to 10 days (AES or External)

\* There will be no rescheduling of Saturday Detention. Students will be suspended if they do not serve Saturday Detention.

\*\* In lieu of Internal Suspension (IS), students will be placed in Saturday detention or Alternative to External Suspension (AES).

**AFTER SCHOOL DETENTIONS** (i.e. running, horse playing, defiance, etc.).

Two-hour After-School Detention: the detention notice must be signed by a parent/guardian. Failure to comply will result in the student not being permitted to serve the detention and placed on the Behavior Track for additional consequences.

Students who do not attend Administrative Detention will serve a Saturday Detention. Multiple no shows of detentions may result in suspension.

## TARDY BETWEEN CLASSES

3<sup>rd</sup> unexcused tardy to class will result in placement on the Behavior Track.

## GUM / DEFIANCE OF DRESS CODE

1<sup>st</sup> time      Warning

A warning will be issued prior to a detention, but the warning may not be at the first occurrence (e.g. the warning could come in a discipline assembly, via announcements, from the teachers, etc). It is not required to be a direct or written warning.

2<sup>nd</sup> time      Placement on Behavior Track

## Alternative to Suspension

A grant has been approved to provide a program in lieu of suspension for students in grades 6 through 8. The idea is to offer academic assistance and counseling services. The program designated for our school is the AES Program. It is located at Miramar High School, 3601 SW 89 Avenue, Miramar, FL 33035. It is based on several essential concepts.

1. The students will benefit from an opportunity to stay up-to-date on their school assignments.
2. The students will be provided with supervision, thus reducing the possibility of risky behavior in the community.
3. While engaged in the Alternative Suspension Program, the students will not receive "0"s, thus reducing the possibility of receiving "F"s in the academic areas of their report cards.

## STUDENT APPEAL FORM

STUDENT NAME: \_\_\_\_\_

OFFENSE: \_\_\_\_\_

DATE: \_\_\_\_\_

ACTION TAKEN: \_\_\_\_\_

APPEAL REQUESTED BY: \_\_\_\_\_

Appeal Request generated to:

- ☐ dispute the facts
- ☐ question consistency
- ☐ question the severity of consequences
- ☐ plead mitigating circumstances

DATE HELD: \_\_\_\_\_

EDUATORS IN ATTENDANCE: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- ☐ UPHELD
- ☐ OVERTUNED
- ☐ BEHAVIOR TRACK \_\_\_\_\_

**SBBC Policy 5006 – Code of Student Conduct – Section X- Right to an Appeal Procedures**



## **SECTION TWO**

### **Additional Rules and Regulations**

**In addition to the school-wide Proactive Discipline Plan, students will also be governed by the following:**

## CAFETERIA BEHAVIOR

Students are expected to use proper entrance and exit doors. Students are required to eat in an orderly fashion during lunch periods. Students will sit at assigned tables, unless otherwise directed. Cutting in line, throwing food, leaving trays, and wandering around the cafeteria will not be tolerated. Administration will review each incident and recommend appropriate action

- Disrespecting Cafeteria Staff or Associates.
- Throwing food in or out of the cafeteria, taking food out of the Cafeteria or leaving a mess on or around table.
- Aggressive Horseplay
- Bathroom misbehavior/disruption
- Cutting in lunchroom line

1<sup>st</sup>      Saturday School

2<sup>nd</sup>      1 day O.S. \*

3<sup>rd</sup>      3 days O.S. \*

4<sup>th</sup>      5 days O.S. \*

- Disruptive behavior, i.e. shouting, chanting, loud singing, banging on tables
- Leaving trays
- Having open food or drink containers on campus
- Horseplaying

1<sup>st</sup>      Administrative Detention

2<sup>nd</sup>      Saturday School

3<sup>rd</sup>      Saturday School

\* Out of School Suspension

## FIELD TRIP AND ACTIVITY GUIDELINES

Field trips and special activities, on or off campus, enhance the learning opportunities of our students. All students are afforded the same opportunity to attend and benefit from the experiences. The steps outlined above are designed to reward the students who are making genuine, positive efforts to be productive members of the student body.

By authorizing your child to participate in any co-curricular or extra-curricular event/field trip, the parent/guardian, hereby releases and holds harmless the school, individual sponsor, including the teachers and principal, and the City of Pembroke Pines from all liability for mishap or injury to the student named herein from the time of departure to the time of return, and from any and all responsibility for the acts of conduct of such student during the trip or event. The parent/guardian understands that the administration reserves the right to deny, under special conditions, to be determined by Administration, and NO REFUND will be given. Parent/guardian will be contacted by the teacher and/or administrator (SB Policy 6303).

If a student has been excluded from a trip or activity as a result of the above-mentioned items, a refund may not be issued. (SB Policy 6303). Parent/guardian will be contacted by the teacher and/or administrator.

Any questions you have regarding this policy should be directed to an administrator.

## DRESS CODE POLICY

The Pembroke Pines Charter Schools have a mandatory uniform dress code policy. We believe that students have the right to attend a safe and secure school where the focus is on academics. It is the intent of the school program that students be dressed and groomed in an appropriate manner that will not interfere with, or distract from, the school environment or disrupt the educational process. Clothing should follow the dress code in place for the Charter Schools.

1. All students must wear one of the approved uniform outfits along with their ID which is to be visibly worn at all times. Students must replace IDs that are damaged.
2. Shirts must be tucked in at all times while on campus.
3. All clothing should be properly fitted and worn correctly. Effective July 1, 2011, related to school district codes of conduct. In these sections are new school board requirements to include in the code of conduct, "*an explanation of the responsibilities of each student with regard to appropriate dress, respect for self and others, and the role that appropriate dress and respect for self and others has on an orderly learning environment.*" <http://www.flsenate.gov/Session/Bill/2011/0228/BillText/er/PDF> Revealing clothing or clothing that exposes the torso is not allowed. Also students must wear all bottoms at their waist, in compliance with the "baggy pants" policy. Clothing that exposes the upper thigh including shorts that are rolled up/in are not allowed. Hemmed shorts that are not shorter than mid-thigh, including walking shorts, Bermuda shorts, and split skirts (culottes), are allowed. No cut-off clothing; all clothing must be properly hemmed. (Highlighted item is pending approval from P.P.C.M.S. Advisory Board)
4. Belts are a required part of the uniform and must be worn daily. Trousers and belts must be secured at the waist level.
5. \*Jackets/sweatshirts may be worn to school, but must follow the approved uniform. Also, they must be navy blue, maroon, gray, black or white and must be solid with no markings or logos. Spirit shirts may be worn on the final day of each week only.
6. Sneakers or flat-heeled shoes with enclosed toes and backs are allowed. The following are examples of what is not allowed: backless style shoes, open toed shoes of any type, boots, high sneaker, (military style, etc.), high platform shoes, or slippers, distracting or mismatched footwear or socks is not allowed.
7. Clothing, jewelry, buttons, haircuts, and other items or markings which are offensive, revealing, suggestive or indecent, associated with gangs or cults, use of drugs, alcohol or violence, or support discrimination on the basis of age, color, disability, ethnicity, gender, linguistic differences, national origin, race, religion, socioeconomic background or sexual orientation are **NOT ALLOWED**.
8. Any articles of jewelry or clothing that may cause injury, including, but not limited to: items with spike or sharp objects, wallet chains, silly bands, rubber bands and heavy link chains are not allowed.
9. Mohawks, Fohawks, shared hair designs, or any hair style that interferes with the learning environment including unnatural hair coloring, e.g. green/orange/purple/red/blue, etc., are **NOT ALLOWED**.

All violators will be subject to disciplinary action.

**Remember all students agreed to the uniform policy in order to be able to attend Pembroke Pines Charter School.** Refer to the Broward County Public Schools' Code of Student Conduct booklet for further clarification of the dress code.

\*Anticipated Change: Blue uniform jacket with logo only.



# Charting The Course



Frank C. Ortis, Mayor  
 Carl Shechter, Commissioner  
 Charles F. Dodge, City Manager  
 Kenneth B. Bass, Central Campus Principal  
 Devam Flowers, West Campus Principal  
 Peter Bayer, High School Principal

Angelo Castillo - Vice-Mayor  
 Iris A. Siple, Commissioner  
 Jack McCluskey, Commissioner  
 Lisa Libidinsky, FSU Campus Principal  
 Sean Chance, East Campus Principal

August 24, 2009

Dear Parents,

We would like to inform you that the recommendations from the United States Centers for Disease Control and Prevention have changed regarding school closure related to H1N1 (Swine) Influenza.

The Broward County School Board has consulted with the Broward County Health Department and will be implementing the following guidelines.

- Students, faculty or staff with influenza-like illness (fever with a cough or sore throat) should stay home and not attend school or go into the community except to seek medical care for at least 7 days even if symptoms resolve sooner.
- Students, faculty and staff who are still sick 7 days after they become ill should continue to stay home from school until at least 24 hours after symptoms have resolved.
- Students, faculty and staff who appear to have an influenza-like illness at arrival or become ill during the school day should be isolated promptly in a room separate from other students and sent home.
- Parents and guardians should monitor their school-aged children, and faculty and staff should self-monitor every morning for symptoms of influenza-like illness.
- Ill students should not attend alternative child care or congregate in settings other than school.

The symptoms of swine flu in people are similar to the regular seasonal flu and include fever of greater than 100o F or 37.8o C, cough, sore throat, headache and body aches, chills, fatigue and some people have reported diarrhea and vomiting associated with swine flu. If your child develops these symptoms please keep your child home from school and contact your health care provider.

Remember these effective steps to help prevent the spread of Swine Flu:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- If you do not have a tissue, cough into your sleeve.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective if soap and water are not available.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick, stay home from work or school.

For more information about H1N1 (Swine) Influenza please visit the Broward County Health Department website at [www.browardchd.org](http://www.browardchd.org) or the U.S. Centers for Disease Control and Prevention at <http://www.cdc.gov/h1n1flu/>.

Sincerely,

*Kenneth Bass*

Kenneth Bass  
 Central Campus Principal

*Lisa Libidinsky*

Lisa Libidinsky  
 FSU Campus Principal

*Devam Flowers*

Devam Flowers  
 West Campus Principal

*Sean Chance*

Sean Chance  
 East Campus Principal

[www.pinescharter.com](http://www.pinescharter.com)

Dedicated to providing a high quality education to a diverse community where all students are expected to succeed as life-long learners.



## SWINE FLU (PIG FLU)

### QUESTIONS & ANSWERS

## Key Facts about Swine Influenza (Swine Flu)

### What is Swine Influenza?

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza virus that regularly causes outbreaks of influenza in pigs. Swine flu viruses cause high levels of illness and low death rates in pigs. Swine influenza viruses may circulate among swine throughout the year, but most outbreaks occur during the late fall and winter months similar to outbreaks in humans. The classical swine flu virus (an influenza type A H1N1 virus) was first isolated from a pig in 1930.

### How many swine flu viruses are there?

Like all influenza viruses, swine flu viruses change constantly. Pigs can be infected by avian influenza and human influenza viruses as well as swine influenza viruses. When influenza viruses from different species infect pigs, the viruses can reassort (i.e. swap genes) and new viruses that are a mix of swine, human and/or avian influenza viruses can emerge. Over the years, different variations of swine flu viruses have emerged. At this time, there are four main influenza type A virus subtypes that have been isolated in pigs: H1N1, H1N2, H3N2, and H3N1. However, most of the recently isolated influenza viruses from pigs have been H1N1 viruses.

## Swine Flu in Humans

### Can humans catch swine flu?

Swine flu viruses do not normally infect humans. However, sporadic human infections with swine flu have occurred. Most commonly, these cases occur in persons with direct exposure to pigs (e.g. children near pigs at a fair or workers in the swine industry). In addition, there have been documented cases of one person spreading swine flu to others. For example, an outbreak of apparent swine flu infection in pigs in Wisconsin in 1988 resulted in multiple human infections, and, although no community outbreak resulted, there was antibody evidence of virus transmission from the patient to health care workers who had close contact with the patient.

### How common is swine flu infection in humans?

In the past, CDC received reports of approximately one human swine influenza virus infection every one to two years in the U.S., but from December 2005 through February 2009, 12 cases of human infection with swine influenza have been reported.

### What are the symptoms of swine flu in humans?

The symptoms of swine flu in people are expected to be similar to the symptoms of regular human seasonal influenza and include fever, lethargy, lack of appetite and coughing. Some people with swine flu also have reported runny nose, sore throat, nausea, vomiting and diarrhea.

### Can people catch swine flu from eating pork?

No. Swine influenza viruses are not transmitted by food. You can not get swine influenza from eating pork or pork products. Eating properly handled and cooked pork and pork products is safe. Cooking pork to an internal temperature of 160°F kills the swine flu virus as it does other bacteria and viruses.

April 23, 2009

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DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION  
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**Key Facts about Swine Influenza (Swine Flu)**

(continued from previous page)

**How does swine flu spread?**

Influenza viruses can be directly transmitted from pigs to people and from people to pigs. Human infection with flu viruses from pigs are most likely to occur when people are in close proximity to infected pigs, such as in pig barns and livestock exhibits housing pigs at fairs. Human-to-human transmission of swine flu can also occur. This is thought to occur in the same way as seasonal flu occurs in people, which is mainly person-to-person transmission through coughing or sneezing of people infected with the influenza virus. People may become infected by touching something with flu viruses on it and then touching their mouth or nose.

**What do we know about human-to-human spread of swine flu?**

In September 1988, a previously healthy 32-year-old pregnant woman was hospitalized for pneumonia and died 8 days later. A swine H1N1 flu virus was detected. Four days before getting sick, the patient visited a county fair swine exhibition where there was widespread influenza-like illness among the swine.

In follow-up studies, 76% of swine exhibitors tested had antibody evidence of swine flu infection but no serious illnesses were detected among this group. Additional studies suggest that one to three health care personnel who had contact with the patient developed mild influenza-like illnesses with antibody evidence of swine flu infection.

**How can human infections with swine influenza be diagnosed?**

To diagnose swine influenza A infection, a respiratory specimen would generally need to be collected within the first 4 to 5 days of illness (when an infected person is most likely to be shedding virus). However, some persons, especially children, may shed virus for 10 days or longer. Identification as a swine flu influenza A virus requires sending the specimen to CDC for laboratory testing.

**What medications are available to treat swine flu infections in humans?**

There are four different antiviral drugs that are licensed for use in the US for the treatment of influenza: amantadine, rimantadine, oseltamivir and zanamivir. While most swine influenza viruses have been susceptible to all four drugs, the most recent seven swine influenza viruses isolated from humans are resistant to amantadine and rimantadine. At this time, CDC recommends the use of oseltamivir or zanamivir for the treatment and/or prevention of infection with swine influenza viruses. More information on treatment recommendations can be found at [www.cdc.gov/flu/swine/recommendations.htm](http://www.cdc.gov/flu/swine/recommendations.htm).

**What other examples of swine flu outbreaks are there?**

Probably the most well known is an outbreak of swine flu among soldiers in Fort Dix, New Jersey in 1976. The virus caused disease with x-ray evidence of pneumonia in at least 4 soldiers and 1 death; all of these patients had previously been healthy. The virus was transmitted to close contacts in a basic training environment, with limited transmission outside the basic training group. The virus is thought to have circulated for a month and disappeared. The source of the virus, the exact time of its introduction into Fort Dix, and factors limiting its spread and duration are unknown. The Fort Dix outbreak may have been caused by introduction of an animal virus into a stressed human population in close contact in crowded facilities during the winter. The swine influenza A virus collected from a Fort Dix soldier was named A/New Jersey/76 (Hsw1N1).

**Is the H1N1 swine flu virus the same as human H1N1 viruses?**

No. The H1N1 swine flu viruses are antigenically very different from human H1N1 viruses and, therefore, vaccines for human seasonal flu would not provide protection from H1N1 swine flu viruses.

April 23, 2009

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**DEPARTMENT OF HEALTH AND HUMAN SERVICES**  
**CENTERS FOR DISEASE CONTROL AND PREVENTION**  
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## Key Facts about Swine Influenza (Swine Flu)

(continued from previous page)

### Swine Flu in Pigs

#### How does swine flu spread among pigs?

Swine flu viruses are thought to be spread mostly through close contact among pigs and possibly from contaminated objects moving between infected and uninfected pigs. Herds with continuous swine flu infections and herds that are vaccinated against swine flu may have sporadic disease, or may show only mild or no symptoms of infection.

#### What are signs of swine flu in pigs?

Signs of swine flu in pigs can include sudden onset of fever, depression, coughing (barking), discharge from the nose or eyes, sneezing, breathing difficulties, eye redness or inflammation, and going off feed.

#### How common is swine flu among pigs?

H1N1 and H3N2 swine flu viruses are endemic among pig populations in the United States and something that the industry deals with routinely. Outbreaks among pigs normally occur in colder weather months (late fall and winter) and sometimes with the introduction of new pigs into susceptible herds. Studies have shown that the swine flu H1N1 is common throughout pig populations worldwide, with 25 percent of animals showing antibody evidence of infection. In the U.S. studies have shown that 30 percent of the pig population has antibody evidence of having had H1N1 infection. More specifically, 51 percent of pigs in the north-central U.S. have been shown to have antibody evidence of infection with swine H1N1. Human infections with swine flu H1N1 viruses are rare. There is currently no way to differentiate antibody produced in response to flu vaccination in pigs from antibody made in response to pig infections with swine H1N1 influenza.

While H1N1 swine viruses have been known to circulate among pig populations since at least 1930, H3N2 influenza viruses did not begin circulating among US pigs until 1998. The H3N2 viruses initially were introduced into the pig population from humans. The current swine flu H3N2 viruses are closely related to human H3N2 viruses.

#### Is there a vaccine for swine flu?

Vaccines are available to be given to pigs to prevent swine influenza. There is no vaccine to protect humans from swine flu. The seasonal influenza vaccine will likely help provide partial protection against swine H3N2, but not swine H1N1 viruses.

### Related Links

[INFLUENZA: Pigs, People and Public Health \(Fact Sheet\)](#)

For more information, visit <http://www.cdc.gov/flu/swine/>, or call CDC at 800-CDC-INFO (English and Spanish) or 888-232-6348 (TTY).

April 23, 2009

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**DEPARTMENT OF HEALTH AND HUMAN SERVICES**  
**CENTERS FOR DISEASE CONTROL AND PREVENTION**  
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**April 28, 2009**

**Swine Flu Q&A**

**Florida Department of Health**

**Is there swine flu in Florida?**

At this time, there are no confirmed cases in Florida. (4.28.09)

**What is Florida doing to protect me from swine flu?**

We have epidemiologist or "disease detectives" at the County Health Departments and in Tallahassee. There is a detailed plan in place to respond to influenza outbreaks. Florida has a strong system to identify potential influenza cases.

- Our state laboratories have the equipment and trained staff to identify influenza samples.
- We have 100 physicians who report flu activity to us on a weekly basis.
- We have access to a database that tracks over the counter drugs to provide us with early warning of potential flu activity.
- We also track 106 emergency departments throughout the state to analyze trends in types of illnesses.

**Is this swine flu virus contagious?**

Swine influenza is contagious and is spreading from human to human. However, at this time, it not known how easily the virus spreads between people.

**What are the signs and symptoms of swine flu in people?**

The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

**How does swine flu spread?**

Spread of this swine influenza A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

**How can someone with the flu infect someone else?**

Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

**What should I do to keep from getting the flu?**

First and most important: wash your hands. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat

nutritious food. Try not touch surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick.

**Are there medicines to treat swine flu?**

Yes. Antiviral drugs are prescription medicines (pills, liquid or an inhaler) that fight against the flu by keeping flu viruses from reproducing in your body. If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. For treatment, antiviral drugs work best if started soon after getting sick (within 2 days of symptoms). Contact your doctor to see if you should receive anti virals.

**How long can an infected person spread swine flu to others?**

People with swine influenza virus infection should be considered potentially contagious as long as they are symptomatic and possible for up to 7 days following illness onset. Children, especially younger children, might potentially be contagious for longer periods.

**What surfaces are most likely to be sources of contamination?**

Germ can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Droplets from a cough or sneeze of an infected person move through the air. Germs can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches their own eyes, mouth or nose before washing their hands.

**How long can viruses live outside the body?**

We know that some viruses and bacteria can live 2 hours or longer on surfaces like cafeteria tables, doorknobs, and desks. Frequent handwashing will help you reduce the chance of getting contamination from these common surfaces.

**What can I do to protect myself from getting sick?**

There is no vaccine available right now to protect against swine flu. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

- 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 hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you get sick with influenza, DOH recommends that you stay home from work or school and limit contact with others to keep from infecting them.

**What is the best way to keep from spreading the virus through coughing or sneezing?**

If you are sick, limit your contact with other people as much as possible. Do not go to work or school if ill. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Put your used tissue in the

waste basket. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.

**What is the best way to keep from spreading the virus through coughing or sneezing?**

If you are sick, limit your contact with other people as much as possible. Do not go to work or school if ill. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Put your used tissue in the waste basket. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.

**What is the best technique for washing my hands to avoid getting the flu?**

Washing your hands often will help protect you from germs. Wash with soap and water, or clean with alcohol-based hand cleaner. We recommend that when you wash your hands -- with soap and warm water -- that you wash for 15 to 20 seconds. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.

**What should I do if I get sick?**

If you become ill with influenza-like symptoms, including fever, body aches, runny nose, sore throat, nausea, or vomiting or diarrhea, you may want to contact their health care provider, particularly if you are worried about your symptoms. Your health care provider will determine whether influenza testing or treatment is needed.

If you are sick, you should stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.

If you become ill and experience any of the following warning signs, seek emergency medical care.

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

**How serious is swine flu infection?**

Like seasonal flu, swine flu in humans can vary in severity from mild to severe.

**Can I get swine influenza from eating or preparing pork?**

No. Swine influenza viruses are not spread by food. You cannot get swine influenza from eating pork or pork products. Eating properly handled and cooked pork products is safe.