

## Guidelines for Graduation Ceremonies

Durham County welcomes visitors to the area attending local graduation ceremonies. Since North Carolina has confirmed cases of novel H1N1 influenza virus (swine flu virus), there is a possibility that someone visiting for graduation could bring with them the virus that causes swine flu. We therefore ask that guests observe the following precautions:

- If you are ill with an acute respiratory condition that includes fever, cough, sore throat, nasal congestion or runny nose, do not attend the graduation ceremony or other gatherings with crowds. Please stay home if you are ill.
- Avoid touching your hands to your mouth, nose, or eyes.
- Wash your hands frequently. When soap and water is not available, carry a waterless, alcohol-based hand cleanser.
- Cover your nose and mouth when coughing or sneezing with your sleeve or a tissue. Dispose of the tissue immediately in a trash receptacle and wash your hands or use a hand sanitizer.
- Shaking hands is a common custom for greeting and congratulating friends and family. This practice spreads germs. It may be safer to give a hug.
- Medically fragile populations, such as those with chronic diseases or the elderly, **may choose** to avoid crowds to limit their potential for exposure to viral illnesses and the flu.



Durham County Health Department, May 6, 2009