



H1N1 FLU INFORMATION

As predicted, there have been documented cases of the H1N1 flu in our local schools, and we can expect to see increased numbers of students with the flu in the coming weeks and months. The Centers for Disease Control and Prevention, along with the local health departments and the medical community have been paying particular attention to *preventive measures* that will help to reduce the spread of the flu, as well as curtail some of the more serious secondary infections such as pneumonia, sinus infections, etc. Please look over the following tips and share them with your children.

BASIC PREVENTION TIPS

- Cover nose and mouth with a tissue when coughing or sneezing, or cough into your shirtsleeve. Throw the tissue in the trash after use.
- Wash 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.** These are the entry points for germs!
- Avoid close contact with sick people.
- Get the seasonal flu shot when it becomes available.
- Get the H1N1 flu shots when that vaccine becomes available.

WHAT TO DO IF YOU OR YOUR CHILD ARE SICK WITH FLU-LIKE SYMPTOMS

- **STAY HOME UNTIL FEVER FREE--WITHOUT TAKING MEDICINE--FOR AT LEAST 24 HOURS!**
- Do not visit the emergency room unless flu symptoms are severe.
- Consult your doctor if you are concerned about your symptoms.
- Understand that laboratory testing to determine what kind of flu is present is not always necessary. Knowing what kind of flu you have will not change the treatment approach.
- If your child complains of flu-like symptoms (see below), please keep him/her at home, even if there is no fever. Consult your child's doctor.

FLU-LIKE SYMPTOMS INCLUDE:

- **FEVER—Often quite high**
- **HEADACHE**
- **MUSCLE ACHES**
- **EXTREME TIREDNESS**
- **COUGH**
- **SORE THROAT**
- **IN SOME CASES, VOMITING AND DIARRHEA**

PARENTS---2 IMPORTANT REMINDERS:

1) *Be thinking about how having sick children might affect your job or childcare situation. The flu generally lasts anywhere from 4-7 days, or longer if there are complications. It is a good idea to have a plan in place so you are ready.*

2) *Please be sure to carry your cell phones with you, enable your voice-mail, and listen to your messages, in case the School Nurse needs to contact you about a sick child. We will make every effort to isolate your child from other students when they become ill, but we will need you to come pick them up as soon as possible for safety and space reasons.*

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