

H1N1 Recommendations by Center for Disease Control and Prevention (CDCP):

Balance risk of flu in the community with the disruption, safety risk, and other consequences that school dismissals could cause in education and the wider community.

The best way to prevent the spread of flu is through vaccinationseasonal flu vaccine is ready and the H1N1 vaccine should be ready by mid-October.

Recommends:

1. Practice good hygiene with emphasize of the importance of good hand washing with soap and water. Also cover nose and mouth when sneezing with tissue or shirt sleeve or elbow if no tissue available.
2. Students and staff should stay home with flu like conditions at least 24 hours after fever symptoms have ended.
3. Students with flu like symptoms should be isolated if possible at school until they can be picked up by a parent. If possible have students wear mask until picked up.
4. Students will be able to do school work at home if possible
5. Parents should check their child regularly for flu like symptoms like fever and keep students home if they have these symptoms.
6. School staff should routinely clean areas where students and staff touch often with the cleaners typically used.
7. If there is an increase in the severity of illness in a community, State and Local health officials may recommend a longer period of isolation and isolation of family members.

Symptoms as put out by the CDCP

- **FEVER OF 100+**
- **HEADACHE**
- **TIREDNESS**
- **DRY COUGH**
- **SORE THROAT**
- **RUNNY OR STUFFY NOSE**
- **MUSCLE ACHES**
- **STOMACH SYMPTOMS (MORE COMMON IN CHILDREN)**

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

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- 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

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
- Flu-like symptoms improve but then return with fever and worse cough