

IN ORDER TO PROTECT OUR STUDENTS

- The school district will follow directives from federal, state, and local health authorities and share new information with parents.
- The authorities do not expect to close schools for incidences of ILI in students, but the district will be prepared for possible changes.
- A team from the district is in place to monitor and review new events and existing guidelines.
- A plan is in place to ensure:
 - ✓ good communication with families
 - ✓ ongoing communication with public health authorities
 - ✓ continued learning opportunities for students who remain home due to ILI
 - ✓ training of employees in the use of standard precautions for preventing ILI
 - ✓ reviewing preventive techniques with teachers and students
 - ✓ review of disinfectants, cleaning protocols and equipment
 - ✓ encouraging staff and students to stay home if they are ill



Other resources:

Your child's health care provider
Your school nurse

Websites:

www.FLU.gov

www.CDC.gov

www.rcsdk12.org

www.health.state.ny.us/diseases/communicable/influenza/h1n1

Educational materials, including posters, brochures, and pocket cards are available in English and Spanish from the New York State Department of Health at the following link:

http://www.health.state.ny.us/diseases/communicable/influenza/h1n1/educational_materials.htm

September 2009

Frequently Asked
Questions About

H1N1 and Influenza-Like Illness (ILI)



Division of Youth Development and Family Services
STUDENT HEALTH SERVICES

What is Influenza and ILI?

Influenza is a highly contagious seasonal infection of the respiratory tract, caused by a virus and spread by droplets. Symptoms may include sore throat, cough, fever, muscle pains, runny nose and weakness.

These symptoms together are called Influenza-Like Illness (ILI). The term “ILI” is used to describe both H1N1 and seasonal influenza.

What is H1N1 Influenza?

H1N1 is a specific type of flu virus that has symptoms similar to those listed above and which may also include vomiting and diarrhea. It may also cause seizures in some children. In most cases, the virus will run its course in one week with excellent recovery.

More severe cases of H1N1 require hospitalization. In rare cases, deaths have occurred from the virus.

Who is at risk for severe ILI?

Severe ILI symptoms occur most often in:

- Pregnant women
- Children younger than 5 years old
- People over 65 years old, especially those with medical conditions
- People with asthma or other lung problems
- People with other chronic medical conditions, like diabetes or heart disease
- People with immune deficiency
- People who are obese

EMERGENCY WARNING SIGNS

Most symptoms of H1N1 are mild and do not require a physician. However, contact your physician immediately if any of the following occur:

- Fast breathing or trouble breathing
- Bluish or gray skin color or lips
- Severe or persistent vomiting
- Unresponsiveness or inability to wake or interact
- Severe irritability or inability to settle down
- Dizzy, no urination, lack of tears
- Seizures
- ILI symptoms lessen, then return

What should you do if you think your child may have ILI?

- Keep your child home from school.
- Notify the school nurse or attendance office if you suspect ILI.
- Call your child’s physician before going to the office or emergency room.
- Watch for emergency warning signs and keep your child comfortable and well-hydrated.
- Do not take your child to public places while ill.
- Do not send your child to school on fever medicines. Be sure your child is symptom-free without the help of medicine for 24 hours before sending your child back to school.

HOW YOU CAN PREVENT ILI

- Educate your child to:
 - ✓ Avoid contact with sick people.
 - ✓ Use good cough and sneeze etiquette.
 - ✓ Wash hands frequently for 20 seconds with soap and running water, especially after a cough or sneeze, before eating, or if dirty. ***This is the most effective way to prevent ILI.***
 - ✓ Eat well, exercise, get enough rest.
- Follow public health advice.
- Develop a “flu-planning checklist,” including plans for childcare if schools must close, stocking of food, medicines, and supplies.

SEE BACK OF THIS BROCHURE FOR RESOURCES TO REFER TO.

WHAT YOUR SCHOOL WILL DO IF YOUR CHILD HAS SYMPTOMS OF ILI

- If your child has a temperature of 101 degrees plus another flu symptom, like cough or runny nose, your child will be sent home from school.
- **You will be called immediately to pick up your child at school.** It is important that you do this because while your child is at school or on a bus, he or she is exposing other children to germs. The school does not have the ability to transport individual students.
- **Currently, children must remain home from school until all symptoms, including fever, have been gone for 24 hours without the help of medicine.**

★ ***Please make sure your school has the most current telephone number for you and for your emergency contact(s).***