

## H1N1 Flu (Swine Flu) Protocol 9/1/09

H1N1 (Also known as Swine flu) is a new flu virus causing illness throughout the country. The virus is spreading in the same fashion that the “regular” seasonal flu spreads. The CDC (Center for Disease Control) states the virus is contagious and spreads from person to person through coughing, sneezing and/or touching infected areas. As of today, we have 4 students who have been diagnosed with “swine flu.” Like all communicable diseases (chicken pox, measles, MRSA, etc.), we report the information to the Epidemiologist at the Health Department.

Symptoms for H1N1 include fever, chills, sore throat, headache, running or stuffy nose and body aches. A significant number of patients with H1N1 have also reported diarrhea and vomiting.

### **What can you do to protect you and your family from becoming sick with H1N1?**

A vaccine for H1N1 is currently in production and will be available for administration in mid October. Henry County Schools personnel are currently working with the Henry-Martinsville Public Health Department to partner in offering students and staff the H1N1 vaccine. The vaccine will be available at no cost to staff and students. This vaccine does **NOT** replace the annual seasonal flu vaccine. Information will be distributed with dates and times of the vaccine clinics and the information will also be posted on the website at [www.henry.k12.va.us](http://www.henry.k12.va.us)

### **Take these everyday steps to protect your health:**

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Avoid touching your eyes, nose or mouth.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol based hand sanitizers are also effective.
- Try to avoid close contact with sick people.
- If you are sick with flu-like symptoms, CDC recommends that you stay home for at least 24 hours after your fever has subsided without using fever-reducing medication
- Keep away from others as much as possible to prevent others from becoming sick.
- Be prepared in case you get sick and need to stay home for an extended period of time. A supply of over-the-counter medicines, hand sanitizers, tissues and other related items may be useful and help avoid the need to make trips out in public while you are sick and contagious.

Our schools have implemented these strategies and recommend that parents reinforce these healthy habits at home.

***The CDC does not recommend school closing for cases of H1N1 and/or seasonal flu.***

For questions or concerns regarding H1N1, please call Sherry M. Vestal, RN – School Nurse Coordinator at 276-634-4753.