

INFECTION CONTROL MEASURES TO BEAT THE SWINE FLU

1. The H1N1 Influenza A virus (the swine flu) first appeared in US in April 2009.
2. An increasing number of cases have appeared during the summer in Central Florida.
3. The school age population is especially prone to infection with this particular strain of flu, and experts anticipate resurgence of the virus as schools start up again in the fall.
4. This virus is transmitted person-to-person, like other colds and seasonal influenza (the flu), through droplets from coughing/sneezing and through touching surfaces that have been contaminated by droplets and then touching the mouth, nose, and eyes.
5. Like other private and public schools in the area, All Saints School is following the recommendations of the CDC and the Orange County Health Department.

Keeping our school family healthy:

1. Discuss obtaining a flu shot with your doctor as soon as possible this Fall.
2. Discuss obtaining a swine flu shot with your doctor (likely available Oct/Nov 2009)
3. Students *and* staff:
 - a. If you have fever (even low grade) and/or sore throat and/or cough or other flu-like symptoms (runny or stuffy nose, body aches, headaches, fatigue, vomiting or diarrhea): **PLEASE STAY HOME** until ALL symptoms resolve and there are no more fevers for 24 hours without needing fever-reducing medication (Acetaminophen or Ibuprofen).
 - b. If a child develops symptoms during the school day, the parents will be called and asked to bring the child home (or to their doctor) and to keep the child home until ALL symptoms resolve and there are no fevers for at least 24 hrs.
4. *Consistent, good hand washing is critical!*

Tips to help protect yourself and your children from the spread of infections:

1. Wash hands often with soap and water for 15–20 seconds, especially before eating, after using the bathroom, and after coughing, sneezing or blowing your nose. If a sink is not available, alcohol-based hand cleaners are adequate, but soap and water is best when available - the friction of washing and drying and the rinsing with water offer the best protection. Practice with your children at home!
2. Avoid touching your eyes, nose, and mouth. These are the body's entry portals for germs.
3. Avoid sharing personal items like drinks, food, and eating utensils.
5. Avoid being around others who are sick to minimize exposure to germs.
6. Make exercise, sleep at night, and nutrient-rich foods a priority to stay healthy.

Tips to limit the spread of infection if you or your children become sick:

1. Keep washing your hands often to keep germs from spreading to others in your home.
2. When sneezing or coughing, cover your mouth and nose with a tissue OR with the bend of your elbow — **NOT** your hands. This keeps the expelled droplets from your hands, which are then likely to touch common surfaces and spread infection at home.
3. Frequently wipe down commonly touched surfaces in your home with soap and water or alcohol-based cleaners.
4. **STAY HOME** until free of flu-like symptoms for 24 hours except to seek medical care.
5. Consider seeking further medical evaluation, especially if, as illness progresses, your child becomes irritable or is not drinking fluids. A nasal swab can confirm influenza A and antiviral medications may reduce the severity of illness if started within 48 hours of the onset of symptoms.
6. Monitor the health of others in your home. Keep family members home if they begin to show any of the symptoms described above.

For more information about the H1N1 virus: www.cdc.gov/h1n1flu, www.flu.gov, 1-877-352-3581.