



**H1N1 Recommendations from CDC  
8/7/09**

- **Stay home when sick**
- **Those with flu-like illness should stay home for at least 24 hours after they no longer have a fever, or signs of a fever, without the use of fever-reducing medicines.**
- **Stay home even if using antiviral drugs.**
- **Separate ill students and staff**
  - Students and staff who appear to have flu-like illness should be sent to a room separate from others until they can be sent home.
  - Provide a surgical mask for the ill person to wear if they can tolerate it until someone can pick them up.
  - Limit the number of staff who care for ill students. Encourage staff to wash their hands after providing care.
  - Gloves and masks (personal protective equipment) may be indicated for staff caring for ill students in some situations.
- **Hand hygiene and respiratory etiquette**
  - Wash hands with soap and water. In the absence of soap and water, alcohol based hand sanitizers are preferred.
  - Cover your cough and sneeze. Throw the tissue in the trash afterwards.
  - If there is no tissue available, cough/sneeze into the shirt sleeve or elbow.
- **Routine cleaning**
  - Areas frequently touched by students and staff with cleaners that are typically used in schools.
- **Early treatment of high-risk students and staff**
  - Individuals who are at high risk (pregnant women, immuno-compromised or other preexisting medical conditions such as asthma, diabetes, neuromuscular disease) should contact their healthcare provider immediately if they are sick with flu-like illness.
- **Consideration of selective school dismissal**
  - School dismissal may be indicated where all or most of the students are at high risk (schools where medically fragile students or pregnant students attend.)
- **Get vaccinated**
  - For seasonal influenza
  - For H1N1 if recommended by the ACIP.

**INFLUENZA SIGNS AND SYMPTOMS**

- Fever (>100)
- Headache
- Dry cough
- Muscle aches
- Extreme tiredness-lethargy
- Runny or stuffy nose
- Sore throat
- Nausea, vomiting and diarrhea

**Outreach to parents, students, and staff school newsletters**

- Overhead announcements/reminders
- Websites...[twinriversusd.org](http://twinriversusd.org)
- Sacramento County Novel H1N1 Flu Update and Resources
- Staff meetings
- Power Point presentations on H1N1 Status
- Employee information in paychecks.
- Routine surface cleaning of frequently touched areas.
- Ensuring classroom supplies for good hand washing practices. Washing hands with soap and water. In the absence of soap and water, hand sanitizers are indicated.

Printable materials for promoting good health habits

- Brochure: Take 3 steps to fight the flu
- Flyer: Look for these symptoms: What to do if you think you have the flu
- Flyer: Clean hands, save lives.
- Poster: Cover your Cough

<http://www.cdc.gov/flu/protect>

**RESPONSE-GUIDELINES FOR SCHOOLS AS OF 8/09**

- School dismissal is not advised for a suspected or confirmed case of novel influenza A (H1N1).
- Students, faculty or staff with influenza-like illness should stay home and not attend school or go into the community until fever free (without the use of medication) for 24 hours.
- Students, faculty and staff who appear to have an influenza-like illness at arrival or become ill during the day should be isolated promptly in a room separate from other students and sent home.
- Faculty and staff should self-monitor every morning for symptoms of influenza-like illness and students too.
- Schools can help serve as a focus for educational activities aimed at promoting ways to reduce the spread of influenza, including hand hygiene and cough etiquette.

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