Centers for Disease Control and Prevention
H1N1 Guidelines for K-12 Schools

Influenza

- **As you've probably heard, the new H1N1 flu has been circulating in the Sacramento area this summer. Originally called "swine flu" because the virus genes were similar to some influenza viruses that infect pigs, the new virus has been named "H1N1." Unlike previous years, this summer we saw a second flu season. We are now preparing for the fall flu season. That makes getting flu vaccinations this year very important.**

- **There is new federal guidance for schools that provide a range of response options for school administrators and local health officials. We will need to balance the risk of flu cases in the community against the disruption that school dismissals can cause in both the educational field and in the Sacramento community.**

Recommended School Responses for the 2009-2010 School Year:

- **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. They should stay home even if they are 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. CDC (Centers for Disease Control and Prevention) recommends that they wear a surgical mask, if possible, and that those who care for ill students and staff wear protective gear such as a mask.

- **Hand Hygiene and Respiratory Etiquette:** The new recommendations emphasize the importance of the basic foundations of influenza prevention: stay home when sick, wash hands frequently with soap and water when possible, and cover noses and mouths with a tissue when coughing or sneezing (or a shirt sleeve or elbow if no tissue is available).

- **Routine Cleaning:** School staff should routinely clean areas that students and staff touch often with the cleaners they typically use. Special cleaning with bleach and other non-detergent-based cleaners is not necessary.

- **Early Treatment of High-Risk Students and Staff:** People at high risk for influenza complications who become ill with influenza-like illness should speak with their health care provider as soon as possible. Early treatment with antiviral medications is very important for people at high risk because it can prevent hospitalizations and deaths. People at high risk include those who are pregnant, have asthma or diabetes, have compromised immune systems, or have neuromuscular diseases.

- **The vaccine for the H1N1** virus is now being tested and could be available anytime between October and January. It will probably require two shots, given several weeks apart, to provide adequate protection. Initially, there may be limited supplies and high-risk groups may be vaccinated first.

TwinRivers
UNIFIED SCHOOL DISTRICT

Bonita Mallory, BSN, RN
Coordinator, Student Health, Wellness & Prevention
916-566-1620, x1173