

H1N1 Flu Update for Schools

9-8-09

For More Information

Oregon Public Health Hotline
1-800-978-3040
www.flu.oregon.gov

Centers for Disease Control & Prevention:

1-800-CDC-INFO (232-4636)
1-888-232-6348 TTY
E-mail: cdcinfo@cdc.gov

You can also visit the following Web site for the latest information on pandemic H1N1 flu for schools:

U.S. Department of Health and Human Services

<http://www.flu.gov/plan/school/index.html>

This document can be provided upon request in alternative formats for individuals with disabilities. Other formats may include (but are not limited to) large print, Braille, audio recordings, Web-based communications and other electronic formats.

Call 971-673-1244, or for TTY call 971-673-0372 to arrange for the alternative format that will work best for you.

Introduction

This year's flu season presents additional challenges due to a new influenza strain, pandemic H1N1 influenza (previously called swine flu), that is currently circulating. However, there are many ways to prevent the spread of flu.

Get vaccinated, starting with the students

- The most important step toward preventing the spread of flu is vaccination.
- The Centers for Disease Control and Prevention (CDC) recommend that all staff get vaccinated for seasonal flu (a shot or nasal mist).
- School-age children should also be vaccinated against both seasonal and pandemic H1N1 influenza.
- While staff members are not in the first round of priority groups for pandemic H1N1 influenza vaccine, it is expected that by immunizing students, spread will be slowed and that vaccine for healthy adults will be available later in the season.
- Immunization clinics for students may be held within the school, but this will vary from county to county.

Make sure everyone washes their hands

- Encourage staff and students to wash hands often with soap and water, or to use an alcohol-based hand cleaner when soap and water aren't available.

Cover coughs and sneezes

- Teach students to cough and sneeze into a tissue or their sleeve, and to throw the used tissue into the trash.
- Keep tissues available in every room.
- Staff should take special care to cover their own coughs and sneezes with a tissue or their sleeve.
- Both students and staff should wash after coughing or sneezing into their hands.

Keep the environment clean

- Clean frequently touched surfaces and commonly shared items often, at least daily.

Local Health Departments

Baker	541-523-8211
Benton	541-766-6835
Clackamas	503-655-8430
Clatsop	503-325-8500
Columbia	503-397-4651
Coos	541-756-2020
.....	ext. 510
Crook	541-447-5165
Curry.....	541-247-3300
Deschutes	541-322-7400
Douglas	800-234-0985
Gilliam	541-384-2061
Grant	541-575-0429
Harney	541-573-2271
Hood River	541-386-1115
Jackson	541-774-8209
Jefferson	541-475-4456
Josephine.....	541-474-5325
Klamath	541-882-8846
Lake.....	541-947-6045
Lane	541-682-4041
Lincoln.....	541-265-4112
Linn	541-967-3888
Malheur	541-889-7279
Marion.....	503-584-4870
Morrow.....	541-676-5421
Multnomah	503-988-3674
Polk	503-623-8175
Sherman	541-506-2600
Tillamook	503-842-3900
Umatilla	541-278-5432
Union.....	541-962-8801
Wallowa	541-426-4848
Wasco.....	541-506-2600
Washington	503-846-3594
Wheeler	541-763-2725
Yamhill.....	503-434-7525

Public Health Emergency

Preparedness Program

800 NE Oregon St., Suite 465B

Portland, OR 97232

publichealth.preparedness@state.or.us

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Watch for symptoms

- Carefully watch all students for symptoms of respiratory illness.
- Notify the parent if the student develops a fever (100 degrees F or higher), chills, cough, sore throat, headache or muscle aches.
- Keep the ill student away from others and send him or her home as soon as possible.
- Young children can become quite ill with influenza very quickly and might require urgent medical attention.
- If a child has difficulty breathing, is lethargic, or appears to be worsening rapidly, consider calling 911 in addition to the parent.

Stay home if ill

- Encourage parents of sick children to keep their children home and out of school until the child is free from fever (a measured temperature of 100 degrees F or higher) for 24 hours.
- Sick staff should stay home as well until fever-free for 24 hours.

Have a plan

- Prepare a plan of action in case a large number of students and/or staff become ill.
- Notify parents of this plan so they may prepare.
- Contact your local health department when increases in respiratory illness occur, or for recommendations on how to prevent the spread of influenza.

Some people are at higher risk for complications

- Students and staff with increased risk for flu complications should consult their health care providers to discuss plans regarding individual prevention and treatment strategies.
- Those at increased risk should promptly consult with their health care provider if they become ill with flu symptoms or if they have close contact with someone who is ill with flu.
- People at increased risk for complications from pandemic H1N1 influenza include pregnant women, infants and children up to 5 years of age; and those with chronic health conditions, such as asthma, diabetes, or compromised immunity.