



April 29, 2009

Swine Influenza (H1N1) Fact Sheet for School Officials

School Guidelines

Schools are encouraged to:

- Send children and staff home if they experience flu-like symptoms.
- Enforce your school's attendance policy regarding illness.
- Keep track of illness related absences by room or grade level. Use this information to report concerns or trends to the Health Department.
- Call the Butler County Health Department with questions or concerns at 513-863-1770. Urgent after hours questions can be answered by contacting 877-774-4636.

Swine Flu (H1N1) Prevention

While swine flu is concerning, people should not be overly concerned. Precautions to limit the spread of this disease are the same as CDC health recommendations for more common flu viruses.

Encourage staff and students to:

- Students or staff sick with influenza should stay home from work or school and limit contact with others to keep from infecting them.
- Avoid close contact with sick people.
- Cover their nose and mouth with a tissue when coughing or sneezing. Immediately throw the tissue in the trash after use.
- Wash their hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- Avoid touching their eyes, nose or mouth. Germs are often spread when a person touches a surface contaminated with germs and then touches his or her eyes, nose, or mouth.
- Practice good health habits. Get plenty of sleep, be physically active, manage stress, drink plenty of fluids, and eat nutritious foods.

Swine Flu (H1N1) Symptoms

Symptoms of swine flu include:

- Fever
- Body aches
- Runny nose
- Sore throat
- Sometimes also nausea, or vomiting or diarrhea

People experiencing such symptoms may want to contact their health care provider. Health care providers will determine whether influenza testing or treatment is needed.

Ill people who experience any of the following warning signs should seek emergency medical care.

In children emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

Travel

At this time, CDC recommends that U.S. travelers avoid all nonessential travel to Mexico. Changes to this recommendation will be posted at <http://www.cdc.gov/travel/>. There are no CDC recommendations for U.S. travelers to restrict travel plans to Texas, California, New York City, Ohio or Kansas.

- If you must travel to an area that has reported cases of swine flu, please stay informed with information here: <http://wwwn.cdc.gov/travel/contentSwineFluMexico.aspx>.

Pork Consumption

Swine influenza viruses are not transmitted by food. You can not get swine influenza from eating pork or pork products. Eating properly handled and cooked pork and pork products are safe. Cooking pork to an internal temperature of 160°F kills the swine flu virus as it does other bacteria and viruses.