

# H1N1 (Swine) Flu: Plan and Prepare

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## ***What precautions are schools taking?***

District officials including nurses, health clerks, teachers and principals will work together to emphasize prevention of the spread of H1N1 (swine) flu. Staff will encourage proper hand hygiene, including hand washing and the use of hand sanitizer, which will be available in every classroom. Hand sanitizer will also be available to all students who ride District buses. We will exercise a standard nightly cleaning procedure with approved products throughout the District.

All schools have a procedure in place to report suspected cases of H1N1 (swine) flu. This includes specific reporting protocol and assignment of a District nurse to follow up on suspected cases. Students and staff who appear to have flu-like illness at arrival or become ill during the day will be isolated and sent home.

The District is developing a comprehensive pandemic flu plan in collaboration with county health officials and a consultant. The plan will be followed in the event of a public health emergency.

## ***What are the best preventive practices?***

To prevent the spread of illness, practice these health tips from the Centers for Disease Control and Prevention (CDC):

- Cover your nose and mouth when you cough and sneeze
- Wash hands often with soap and water, especially after you cough or sneeze. Alcohol based hand cleaners are also effective
- Avoid touching your eyes, nose or mouth
- Avoid contact with sick people
- If you or your children get sick, CDC recommends that you stay home from work or school, contact your family physician and limit contact with others to keep from infecting them.

## ***What are the symptoms?***

According to the CDC the signs and symptoms of H1N1 (swine) flu are similar to seasonal flu:

- Fever
- body aches
- may experience diarrhea and/or vomiting
- lethargy
- cough
- headache
- sore throat

## ***When do I keep my child home?***

The Colorado Department of Public Health and Environment has provided guidelines entitled, *When to Keep Your Child at Home* (see reverse) which addresses specific questions to ask related to H1N1 (swine) flu.

## ***Does my child need to be vaccinated?***

The seasonal flu vaccine will not protect from H1N1 (swine) flu. According to the CDC, a vaccine specific to H1N1 is currently being developed but may not be available until mid-October. They are recommending the vaccine be available to several priority groups including school age children. The District will provide additional information as it becomes available.

## ***How will I be notified of developments?***

Parents will be notified through phone calls, letters and the District website at [www.stvrain.k12.co.us](http://www.stvrain.k12.co.us).

## ***How do I stay informed?***

Additional information regarding H1N1 (swine) flu can be found on the following help line or websites:

- **Colorado Help Line** (877) 462-2911
- **Centers for Disease Control and Prevention (CDC)** [www.cdc.gov/swineflu](http://www.cdc.gov/swineflu)
- **Colorado Department of Public Health and Environment** [www.cdphe.state.co.us/epr/H1N1.html](http://www.cdphe.state.co.us/epr/H1N1.html)
- **Boulder County Public Health** [www.bouldercounty.org/health](http://www.bouldercounty.org/health)
- **Weld County Public Health** [www.co.weld.co.us/departments/health/publichealth.html](http://www.co.weld.co.us/departments/health/publichealth.html)
- **Larimer County Department of Health and Environment** [www.larimer.org/health](http://www.larimer.org/health)
- **Broomfield Health and Human Services** [www.broomfield.org/hhs/swine\\_flu\\_information.shtml](http://www.broomfield.org/hhs/swine_flu_information.shtml)