

H1N1 (Swine Flu) and Seasonal Influenza Information

The Fruitland School District has been working to develop a coordinated pandemic preparedness plan using the recommendations recently released from the United States Centers for Disease Control and Prevention (CDC) and state and local health agencies.

These recommendations continue to become more detailed as more information about seasonal influenza and H1N1 (swine flu) is developed. We will continue to monitor recommendations from the CDC and state and local health agencies to implement procedures and strategies for keeping students and staff safe, schools open, and reduce the spread of the flu virus.

As you may know, flu can be easily spread from person to person. Your role is critical in reducing the spread of influenza this school year so we can keep the schools open to students and functioning in a normal manner.

The CDC has outlined the following action steps to help keep students healthy this flu season. Taking the following steps will help keep your students and yourself from getting sick with the flu.

ACTION STEPS FOR STAFF FROM THE CDC

- Educate and encourage students to cover their mouth and nose with a tissue when they cough or sneeze. Also, provide them with easy access to tissues. Remind them to cover coughs or sneezes using their elbow instead of their hand when a tissue is not available.
- Remind students to practice good hand hygiene and provide the time and supplies (access to running water and soap or alcohol-based hand cleaners) for them to wash their hands as often as necessary.
- Be a good role model by practicing good hand hygiene and covering your mouth and nose when coughing and sneezing.
- Keep an eye out for sick students and send them to the school office for further evaluation. Sick students and staff should stay at home until at least 24 hours after they no longer have a fever.
- Clean surfaces and items that are more likely to have frequent hand contact such as desks, door knobs, keyboards, or pens, with cleaning agents that are usually used in these areas.
- Stay home when sick at least 24 hours after you no longer have a fever or signs of a fever (without the use of fever-reducing medicine).
- If you have children, plan ahead for child care if your child gets sick or his or her school is dismissed.

If school is dismissed and/or your student(s) are sick or home because someone in their household is sick, teachers will need to develop options for how school work can be continued at home. If school(s) are closed because of influenza, staff will report to school to work on the school work sent out and turned in by students.

Please know your health and safety are very important to us. We will continue to follow CDC guidelines and work with state and local health agencies regarding H1N1 and seasonal flu viruses. Should you have further questions please contact your school office and/or the district office.