

PUEBLO COUNTY SCHOOL DISTRICT 70 INFLUENZA CONTAINMENT GUIDELINES

Based on the recent confirmation of H1N1 Influenza A virus in Colorado, please be watching for signs and symptoms of this virus in your schools. H1N1 Influenza A and seasonal Influenza have similar symptoms, which include the following:

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

If a student comes to school with a **FEVER**, AND ANY OF THE ABOVE SYMPTOMS, school personnel should place the N-95 mask on the student and have the student stay in the nurses office. The masks will be available in the schools. The student should go home as soon as possible, and stay at home until symptom free for 24 hours. Instructions should be given to parents to contact their medical provider for further advice.

If a parent or guardian cannot pick the student up right away, make every attempt to keep that student separate from other students seeking help in the health room. Make every attempt to keep first aid visits separate from those visits where a student is seeking care for influenza-like illnesses. It is important that parents come and get their children as soon as possible, so please emphasize this message to parents when contact is made.

It is important for all staff to continue to reinforce the implementation of prevention strategies such as:

- Routine hand-washing. Typically for a duration of 20 seconds, (the time it takes to sing the ABC song)
- Cover coughs and sneezes with a tissue or by coughing or sneezing into your elbow
- Avoid others with respiratory illness
- Stay at home if you have mild-flu like illness. This is regardless of travel history.

Please take note that the H1N1 Influenza (Swine) and seasonal flu are both occurring in Colorado at this time. Both flu viruses have a wide range of potentials, but in the United States thus far, H1N1 cases have generally been mild in nature and resemble typical flu symptoms. Use good judgment, calm thinking and common sense to respond to students that present with these symptoms, just as you would in any case dealing with student health situations.

Please stay informed! <http://cdc.gov/swineflu> is an excellent source of information, and covers many questions and concerns related to schools, and http://www.cdc.gov/swineflu/key_facts.htm has excellent key facts regarding H1N1 Influenza A.