

Type A H1N1 Influenza

Information from CDC, INDOH and ISD safety committee

Information about the H1N1 (swine) flu virus continues to be updated daily. Media reports can be confusing and sensationalized. The ISD safety committee met recently to develop a plan of procedures to keep students and staff as healthy as possible through this outbreak. This information is current as of today, contact www.deafhoosiers.com and department newsletters for updates within the Health Center heading. As always contact your health care provider if you have any questions or concerns about your personal health.

The illness protocol currently in effect for ISD students and staff is:

- Staff or students with fever above 100° and 1 or more of these symptoms while at ISD will be immediately sent home or quarantined in the Health Center, until picked up:
 - Fever – Temperature above 100° F
 - Cough, Sore Throat, Stuffy nose, in some cases diarrhea and vomiting, body aches
- **Staff or students** may **NOT** return to work/school until they inform ISD that they have been fever free for 24 hours **WITHOUT** the use of pain/fever reducing medication,
- **Emergency** warning signs include fast breathing or difficulty breathing, Pain or pressure in chest or abdomen, continuous or severe vomiting. If any of these symptoms suddenly strike, call your health care provider ASAP
- These guidelines are the current recommendations of National and State authorities.
- Influenza illness is spread through coughing and/or sneezing and spreading the respiratory droplets on "common surfaces" and then others touching the surface and then touching their face, eyes, nose, mouth, etc. All common surfaces will be sanitized often with appropriate disinfectants effective against the virus. It is also spread by inhaling the droplets from another person's sneeze and or cough.

Prevention/Actions to start now:

- Family members should cover their nose and mouth with a tissue (or your sleeve) when they cough or sneeze. Dispose of used tissues immediately in the trash after use.
- Wash your hands with soap and water, especially after coughing and/or sneezing. If soap and water, are NOT available can use alcohol-based hand cleaners. *Please model correct hand washing* with your students and check to make sure they are doing it appropriately for a full 20 seconds.
- Avoid close contact with anyone who appears sick. Avoid touching eyes, nose or mouth.
- If you become sick with any of the above symptoms, stay home from work or school and limit contact with others. Make sure to send facial tissue to residential and school settings.
- **Seasonal influenza** vaccination clinic will be held at ISD on October 8, 2-4 PM in MPR, more information will come home soon! These are strongly recommended for all children 6 months through adulthood and are not effective against the H1N1 virus.
- **H1N1 influenza clinic** will happen at ISD in mid to late October, and will be in conjunction with the Marion County Health Department. Check often for more information and permission paperwork to come home! This vaccine was recently approved by the FDA and is in production at this time. Side effects have been minimal and similar to the annual flu vaccine. Anyone with any chronic conditions but especially asthma should get this vaccine as soon as it is available!
- **Important websites:** www.flu.gov ; <http://www.cdc.gov/h1n1flu/deaf.htm> (ASL) and www.deafmd.org; www.in.gov/flu (Indiana specific information)