



H1N1 INFLUENZA (SWINE FLU) UPDATE (September 2009)

As we enter the new school year, we expect Wisconsin to continue seeing cases of the new H1N1 Influenza (Swine Flu) virus. School and public health officials are working hard to keep our children safe and healthy.



What can we do to avoid getting the flu?

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash.
- Wash your 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. Germs spread easily that way.



What flu-like symptoms should I watch for?

- Fever AND
- Cough
- Sore throat
- Runny or stuffy nose
- Other symptoms may include body aches, fatigue, chills, diarrhea, and vomiting.



What do I do if my child or I get the flu?

STAY HOME. Avoid close contact with others. People with influenza-like illness should remain home until at least 24 hours after they are free of fever (100 degrees F.) or signs of a fever without the use of fever-reducing medication. Ill children should not attend alternative childcare; they should stay home with a parent or guardian to stop the spread of the illness.



What happens if my child gets ill at school?

Children who are ill upon arrival at school or become ill during the school day will be sent home. Please make sure your child's emergency contact information (home, work, cell number, etc.) is kept up-to-date. Please also have a contingency plan in place for childcare in case children become sick and need to stay home.



Notify the school of all flu-like absences and symptoms or confirmed cases of H1N1 Influenza.

When you phone in your child's absence, we would appreciate it if you would be specific about the symptoms using the list above. We will work with the Appleton Health Department to monitor this data on a daily basis. Contact your medical provider and seek medical care if that is what you would normally do.



Will they close my child's school?

At this time, health and school officials are not recommending school closures for individual cases of H1N1 Influenza. However, as with seasonal influenza, we might recommend closing schools if larger numbers of students or staff become ill.



Where can I get current information about H1N1 Influenza?

- The Appleton Area School District's Website: www.aasd.k12.wi.us
- Appleton Health Department's Website: www.appleton.org
- U.S. Government Information: www.flu.gov
- Public Health Influenza Information Line: 211

With your assistance we can help keep everyone safe and healthy.