

H1N1 (Swine Flu) and Seasonal Influenza Information

The Boise School District has been working closely with Central District Health Department and other local and state agencies to develop a coordinated pandemic preparedness plan using the recommendations recently released from the United States Centers for Disease Control and Prevention (CDC).

These recommendations continue to mature as more information about H1N1 is developed. We have been and will continue to work closely with local health departments to implement procedures and strategies for keeping students and staff safe, schools open, reducing the spread of the virus and keeping our community healthy.

Your role is critical in reducing the spread of influenza this winter. CDC has outlined the following action steps to help keep your family healthy this flu season. We will also be emphasizing the following items with your child throughout the year.

Centers for Disease Control and Prevention: Action Steps for Parents

- Practice good hand hygiene by washing your hands often with soap and water, especially before eating, after coughing, sneezing or blowing your nose. Alcohol based hand cleaners are also effective at killing flu germs.
- Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.
- Stay home from school and work for least 24 hours after there is no longer a fever (without the use of fever-reducing medicine).
- Take fever-reducing medications, that is, medications containing acetaminophen or ibuprofen. These are appropriate for use in individuals with influenza-like illness. Aspirin (acetylsalicylic acid) should not be given to children or teenagers who have influenza; this can cause a rare but serious illness called Reye's syndrome.
- Get your family vaccinated for seasonal flu and 2009 H1N1 when vaccines are available.

If your child develops influenza symptoms while at school we will contact you immediately. Your child will be moved to an isolated area (sick room or nurse's office) until you arrive to pick up your child. Please make sure your emergency contact information is current and that you have a plan to care for sick children when you cannot stay home.

Please know your student's health and safety are very important to us. We will continue to work with local and state public health agencies and follow CDC's guidelines regarding the H1N1 virus. Should you have further questions regarding the H1N1 virus and/or vaccine, please contact the Central District Health Department at 321-2222 or visit <http://www.cdhd.idaho.gov> or <http://www.flu.gov>.