



H1N1 Flu (Swine Flu)

While H1N1 (swine flu) virus is new, it is important to note that the St. Francis School District is prepared for all different kinds of illness including those caused by H1N1. We have and will continue to work cooperatively with the St. Francis Health Department to provide you with the most updated and useful information. Please take the time to review the information that you received during registration from the health department, as well as the information that is provided below.

Preventing illness

The H1N1 virus is thought to be spread via person-to-person contact through contaminated air droplets from coughing and sneezing by an infected person. The virus is not spread by food, including pork or pork products.

As with controlling the spread of other viruses, we urge you to speak to your child about the following prevention measures:

- cover all coughs and sneezes;
- wash hands frequently and especially after coughing, sneezing, and blowing one's nose;
- avoid touching of nose, mouth, and eyes, and
- properly dispose of all contaminated tissues.

Flu symptoms and preparation

The symptoms of human swine flu are similar to the regular seasonal influenza and include fever, lethargy, lack of appetite and coughing. Some people who have been infected with H1N1 have reported additional symptoms such as a runny nose, sore throat, nausea, vomiting, and diarrhea. In some situations, the virus can develop into pneumonia.

According to the Centers for Disease Control and Prevention, students with influenza-like illness (fever with a cough or sore throat) should keep away from others as much as possible, stay home, and not attend school or go into the community (except to seek medical care or for other necessities) for at least 24 hours after fever is gone. Therefore, we urge to you to develop a plan if your child becomes sick and needs to stay home.

Individuals who need medical care should call their medical provider to report their illness prior to seeking care at a clinic, physician's office or hospital. If you do not have regular access to a doctor, please take the time to learn about health clinics and other resources that are available. If you need assistance with this, please contact district office.

School closings

Please note that unlike the end of the last school year when districts were advised to close schools if there was a suspected or confirmed case of H1N1, **current recommendations from the Centers for Disease Control and Prevention call for keeping schools open.** Therefore, the St. Francis schools will not be closed if there are suspected or confirmed cases of H1N1.

Finally, we ask parents to ensure that their child's school has their current contact information, including telephone number. Urgent H1N1 related information will be provided via the district's automated phone service during the school year.

If you have questions, please do not hesitate to contact your child's school or district office.

Additional Resources

Wisconsin Resources:

Department of Health Services

<http://dhs.wisconsin.gov>

Wisconsin Pandemic Influenza Information

<http://pandemic.wisconsin.gov>

Center for Disease Control Resources:

Center for Disease Control, key facts regarding swine flu:

http://www.cdc.gov/swineflu/key_facts.htm

Seasonal Flu Information for Schools & Childcare Providers:

<http://www.cdc.gov/flu/school/>

Center of Disease Control Surveillance website:

<http://www.cdc.gov/swineflu/index.htm>