

# Flu Season 2009 – 2010

## What is the Flu?

*Influenza (also known as the flu) is a contagious **respiratory** illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly and may include these symptoms:*

- *Fever (usually high) Headache*
- *Extreme tiredness*
- *Dry cough*
- *Sore throat*
- *Runny or stuffy nose*
- *Muscle aches*
- *Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults*



These symptoms are usually referred to as "flu-like symptoms." People with the flu have some or all of the symptoms.

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## What is USD # 475 doing to Prepare/Respond to the Flu?

*USD #475 is following recommendations from the Center for Disease Control. The following steps are taken at ALL times to keep students and staff from getting sick.*

- *Encourage all students and staff to cover their cough/sneezes( preferably not with their hands)*
- *Provide the time and supplies for students and staff to wash their hands when needed and/or have alcohol based hand cleaners available.*
- **Tell sick students and staff to stay home.** *Advise students, staff and families that sick people need to stay at home at least 24 hours after they no longer have a fever or signs of a fever (without taking any medicine to stop a fever). Stay home for 24 hours after a fever even if taking antiviral medication. The virus is still spread during this period of time and coming back to school will likely infect others!*
- *Children and staff who become ill at school should go home immediately. Move students and staff who become sick at school to a separate room until they can be sent home. Provide a mask for the sick persons if they can tolerate it, especially if they are coughing.*
- *Have masks available for school staff who are caring for sick people at school.*
- *Clean surfaces and items that are more likely to have frequent hand contact with cleaning agents that are usually used in these areas. Additional disinfection beyond routine cleaning is not recommended.*
- *Provide free flu vaccination for staff.*



**USD #475 is also:**

Working with local public health authorities to provide H1N1 vaccination clinics in the schools. It is the goal that all students who have a consent form signed by a parent/guardian may receive vaccine at school based clinics in Junction City and at the Ft. Riley schools. As H1N1 vaccine is available, additional clinics will occur on the Fort Riley installation for military beneficiaries ( 240-4FLU Preventive Medicine hotline). Additional information will be made available when a copy of the consent form is received from the Kansas Department of Health and Environment.

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**What can Parents/Guardians do to Prepare/Respond to the Flu?**

- Encourage family members to cover coughs and sneeze (preferably not with their hands)
- Encourage good hand washing technique
- Consider flu vaccinations for all family members
- Check your student's temperature daily prior to coming to school during flu season. Keep your student home if their temperature is 100 degrees or above.
- Pick up students who become ill at school ASAP. Know that your student may have a mask on when you pick them up. Schools follow the Center for Disease Control guidelines and this is recommended to slow the transmission of disease.
- Keep sick students home until 24 hours fever free (without medication for fever). Coming back to school before that time will likely spread illness to others.
- Make plans for child care in advance in case your student becomes ill
- Update phone contact numbers at school
- Contact the school when your student is ill. Sharing what type of symptoms your student has will help public health authorities track illness.
- Have medication for fever available at home
- Call your clinic/doctor/emergency room prior to seeking health care for flu like symptoms. Have medication for fever available at home.



**Other Considerations....**

- A greater number of people may get the flu because there are more strains of flu this season. To date-H1N1 flu has affected people age 5-24 more than any other group.
- **The guidance for response to flu may change** if symptoms of the flu become more severe.
- It is **very important** to listen to flu information updates from **reliable sources of information.**

Updates and additional information may be obtained from:

Personal Physician

Junction City/Geary County Health Department

[http://iach.amedd.army.mil/-Ft Riley & Ft. Riley Flu Hotline \(785-240-4358\)](http://iach.amedd.army.mil/-Ft Riley & Ft. Riley Flu Hotline (785-240-4358))

<http://www.kdheks.gov/H1N1/index.htm> -Kansas Department of Health and Environment Information and Updates

<http://www.cdc.gov/flu/> - Center for Disease Control and Prevention Influenza Information and Updates