

Flu 2009-2010

The school staff is geared up to limit the spread of flu at CRHS. Flu is expected to be a big concern this fall and winter and we all need to work together to prevent as many cases as we can.

There will likely be 2 types of flu that we are going to be dealing with, **seasonal flu** and **H1N1 (formerly Swine) flu**. Most people with the flu will not know which type they have because most doctors are not testing to see which type people have. Regardless of which type a person has, the things they need to do are the same.

Things we all need to do:

- **Stay at home if you are sick.** Persons with suspected flu need to stay home until they have been fever-free (without the use of medications to keep the fever down) for at least 24 hours. Most people with the flu will be out of work or school for 3-5 days.
- Have a plan in place for your child to be **picked up promptly** if he/she develops symptoms of flu during the school day. Students with flu-like symptoms may not ride the bus home.
- Use tissues to cover coughs and sneezes. When tissues are not available, teach your child to cough or sneeze into his/her elbow. Teach them to **wash their hands frequently**, especially after coughing or sneezing. Soap and water is best, but when they are not available, alcohol based hand cleaners are good too. Hand cleaners without alcohol work, but not as well as ones with alcohol.
- **Clean** frequently touched surfaces often (i.e. phones, faucets, etc.)
- Get flu shots. This year there will be 2 types of flu vaccine, seasonal and H1N1.
 - **Seasonal flu vaccine** is recommended for anyone ages 6 months and up. It is especially recommended for persons with medical problems that make them at increased risk for complications from flu (i.e. asthma, immune system problems). Seasonal flu vaccine will be offered at school for free to students in grades 3-8 by the Orange County Health Department. More information and permission forms will be sent home in September.
 - **H1N1 vaccine** will be available at some point. 2 doses will be required, 3-4 weeks apart. There may not be enough vaccine for everyone so the vaccine may be limited to high risk groups. High risk groups are:
 - Pregnant women
 - Household contacts to infants less than 6 months of age are the 2 priority groups for this vaccine. Since infants less than 6 months cannot be vaccinated and are at increased risk for complications, it is important that their household contact receive this vaccine.
 - Persons aged 6 months through 24 years
 - Persons 25-64 years of age with high risk medical conditions
 - Healthcare workers

It is unknown at this point when and how much vaccine will be available.

Please note that other students and staff may be high risk for complications from flu. Controlling the spread of flu is especially important to help them protect their health. We must all work together to keep our school healthy. Remember...eating well and getting enough sleep are important too.

A letter went home during the first days of school with more information from the Orange County Health Department. To stay current on flu recommendations, please go to the website for the Centers for Disease Control, www.cdc.gov, to the Orange County Health Department website at www.co.orange.nc.us/health or see your school nurse for written information.