

# Swine Flu Information Sheet

## Swine Flu (H1N1):

- Wisconsin had the most confirmed cases of any state last year. However, the Wisconsin Department of Health Services had four labs testing and most states only had one.
- Swine flu presents itself like any other flu. The symptoms are the same (fever, dry cough, body aches, fatigue, sore throat, runny/stuffy nose). Children may also have an upset stomach.

## How can school and families work together to prevent the spread of infectious disease?

Our staff will encourage students to:

- wash hands frequently and well (soap and water for at least 20 seconds).
- keep surfaces such as desks and work areas clean.
- place food on a napkin or other clean, disposable surface while eating.
- practice good respiratory hygiene (cough/sneeze into sleeve, stop picking nose, etc).

Manitowoc County Health Department and the Centers for Disease Control instruct parents to:

- **keep children at home for 24 hours after** they no longer have a fever or signs of a fever. The fever must be gone, not just brought down by Tylenol, Motrin, etc. (If the symptoms are masked with medication, the child is **still contagious**.)
- notify the school when your child will be absent, naming general symptoms. (This information is reported to the Manitowoc County Health Department and is used to track the spread of communicable diseases.)
- make arrangements to pick up students who show flu symptoms during the school day.

## What if there is a serious outbreak of Swine Flu (H1N1)?

- The Manitowoc County Health Department and the Centers for Disease Control do not recommend school closings as a first response to a flu outbreak. If flu conditions become **severe**, CDC recommends that the sick persons stay home for **7 days**.

## What about vaccinations?

The Manitowoc County Health Department reports that:

- regular flu shots will be available starting mid-September.
- H1N1 vaccine will be ready in October. Vaccinations will be available first to those who are most at risk.
  - Pregnant women
  - Caregivers of children under 6 months of age
  - Healthcare workers
  - 6 months -24 years of age
  - 25-64 years of age