

August 25, 2009

Parents and Guardians:

We would like to inform you that we have one confirmed case of H1N1 influenza (also known as the swine flu) within our school.

Please refer to the attachment provided from the Waco-McLennan County Public Health District for guidelines concerning H1N1 influenza.

St. Louis Catholic School will be adhering to these guidelines. There is no reason for panic, but precautions should be taken in order to protect our students and their families.

If you have any questions, helpful websites and contact phone numbers may be found on page 2 of the attachment provided.

Robin Guilbault, RN
St. Louis Catholic School Nurse

**H1N1 Recommendations from the Waco-McLennan County Public Health District
August 24, 2009**

City of Bellmead

City of Beverly Hills

City of Bruceville-Eddy

City of Crawford

City of Gholson

City of Golinda

City of Hallsburg

City of Hewitt

City of Lacy-Lakeview

City of Leroy

City of Lorena

City of Mart

City of McGregor

City of Moody

City of Riesel

City of Robinson

City of Ross

City of Waco

City of West

City of Woodway

McLennan County

The possibility of school closures has been a concern since H1N1 began in the spring. The Waco-McLennan County Public Health District **does not recommend** closing schools due to H1N1 flu. Instead of school closures the Health District encourages the following recommendations in an effort to limit the spread of H1N1 and influenza-like illnesses among children. Recommendations will be updated as necessary as the season progresses.

Symptoms of Influenza

- Fever greater than 100°F AND cough or sore throat with no other known cause
- Other symptoms include body aches, headaches, chills, and fatigue
- Some with H1N1 flu also report runny nose, nausea, vomiting, and diarrhea

Stay home when sick

Those with flu-like illness should stay home for at least 24 hours after they no longer have a fever, or signs of a fever, without the use of fever-reducing medicines. They should stay home even if they are using antiviral drugs. **Children under 18 should not receive aspirin due to possible harmful side effects.**

No punitive actions for staying at home when sick

Schools may wish to consider relaxing perfect attendance requirements for students with H1N1 or influenza-like illnesses. (parties or awards)

Separate ill students and staff

Students and staff who appear to have flu-like illness should be sent to a room separate from others until they can be sent home.

Hand hygiene and respiratory etiquette

Wash hands frequently with soap and water when possible, and cover noses and mouths with an elbow or tissue when coughing or sneezing.

Routine cleaning

School staff should routinely clean areas that students and staff touch often with the cleaners they typically use. Special cleaning with bleach and other non-detergent-based cleaners is not necessary.

Early treatment of high-risk students and staff

People at high risk for influenza complications who become ill with influenza-like illness should speak with their health care provider as soon as possible. Early treatment with antiviral medications is very important for people at high risk because it can prevent hospitalizations and deaths. People at high risk include those who are pregnant, have asthma or diabetes, have compromised immune systems, or have neuromuscular diseases.

Report all influenza-like illness

Schools are encouraged to report on a weekly basis the number of students with flu or influenza-like illness to the Health District by phone or fax. **The 24/7 Disease Reporting line is 254-750-5411 and the fax number is 254-750-5405.**

Helpful Websites

The Waco-McLennan County Public Health District

<http://www.mclennanpublichealth.org/>

Texas Department of State Health Services

www.TexasFlu.org

Center for Disease Control and Prevention

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

Google Flu Trends

Certain search terms are good indicators of flu activity. Google Flu Trends uses aggregated Google search data to estimate flu activity up to two weeks faster than traditional systems.

<http://www.google.org/flutrends/>

Your Health District Flu team for the 09-10 season:

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Contact us if you have any questions!