



H1N1: What You Need to Know

H1N1 Basics:

- ❖ H1N1 novel type A influenza ("swine flu") is primarily a respiratory disease
- ❖ Primary symptoms are fever, cough, and sore throat
- ❖ It spreads easily from person to person
- ❖ School age children are among the groups most affected
- ❖ Information about influenza is very fluid



What You Can Do to Help

- ❖ Teach your children to wash their hands often
- ❖ Teach your children respiratory etiquette
- ❖ Teach your children not to share personal items
- ❖ Know the signs and symptoms of the flu
- ❖ DO NOT SEND CHILDREN TO SCHOOL IF THEY ARE SICK- THEY WILL BE SENT HOME
- ❖ Encourage adequate rest, healthy foods, and drinking plenty of fluids
- ❖ Keep the school informed of illnesses and symptoms

- ❖ Be prepared with alternative child care arrangements



We Need to Work Together

- ❖ School and home need to continually reinforce tips to stay healthy
- ❖ Understand that public health recommendations may change frequently
- ❖ Help us keep the classrooms supplied with donations of:
 - kleenex
 - hand sanitizer dispensers
 - disinfectant wipes



Good Shepherd School is...

- ❖ Working closely with the local school district (Camp Hill) to help reduce the spread of flu in our school community
- ❖ Regularly monitoring flu conditions
- ❖ Reviewing updates, recommendations, and guidelines from PA Department of Health and the Centers for Disease Control
- ❖ Going to keep you updated with new information as it becomes available
- ❖ Going to clean surfaces and items that are more likely to have frequent hand contact

- ❖ Going to isolate students with flu-like symptoms waiting to be taken home and is going to provide personal protective



- ❖ equipment (masks) to ill students and staff caring for them at school

For the Most Current Information:

- ❖ Visit <http://www.cdc.gov/h1n1flu/>
- ❖ Call 1-800-CDC-INFO
- ❖ Utilize www.cdc.gov/CDCTV/handstogether/ for an excellent demonstration of hand hygiene
- ❖ Visit www.health.state.pa.us

