

Prevention and Surveillance of Illness

*H1N1 (Swine) and Seasonal
Flu Information*



H1N1 Facts

- Subtype of type A flu
- First detected in U.S., April 2009
- Less virulent than regular flu and most people recover without medical treatment
- Spread the same way as seasonal flu
- Symptoms:
 - Fever
 - Sore throat
 - Body aches
 - Chills
 - Nausea and Vomiting
 - Runny/Stuffy nose
 - Headache
 - Fatigue
 - Cough

Is it the flu or H1N1?

- Type A is generally not seen this time of year, so when a doctor does a nasal swab for flu and type A is positive, it is assumed that it is H1N1.
- Type A positive tests were originally referred to state for H1N1 testing/confirmation – no longer a practice unless patient is hospitalized.

Prevention

- Wash hands frequently
- Cover your mouth and nose with tissue or turn into your elbow or shoulder, not into your hands
- Disinfect commonly shared surfaces
- Vaccinate with seasonal and H1N1 vaccines when available
- Stay home if you are sick
 - Return after 24 hours or longer of no fever or signs of fever, without fever-reducing medicine

FCS Plan

- Established Health and Safety Flu Task Force to assist schools and work with local health care providers and agencies
- Treat flu reports similar to other communicable diseases
- Communicate and educate

Communication

- www.forsyth.k12.ga.us/flu - district and school home page, Angel and ParentPortal
- School and district newsletters
- Staff and community presentations
- Student education and posters
- Letter posted on website

Staff Steps for Suspected Cases

- Maintain confidentiality at all times
- Report suspected case to School Nurse, who contacts the principal
- School Nurse contacts parent for written confirmation from licensed health care provider
- School nurse emails School Health Care Services Facilitator (Nancy Rithmire)

More Information

www.forsyth.k12.ga.us/flu

Angel – Student Support
Services folder under Health
Services