

# 2009 H1-N1 FLU VIRUS UPDATE

All indications point to an acceleration of the H1-N1 flu virus as we move from summer, to fall and into winter. The recommended school response has been updated by the CDC. It has changed from closing school when the virus is detected, to isolating the ill child or adult away from the school population. I also received suggested responses from the University of Pittsburgh as well as information provided by the Pittsburgh Public Schools. The following is a combination summary from these various sources that will guide us at Falk School.

- The symptoms of novel H1N1 flu virus in people are similar to the symptoms of seasonal flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with novel H1N1 flu virus also have reported diarrhea and vomiting. People of any age with chronic medical conditions (e.g., asthma, diabetes), and people who are immunosuppressed (e.g., taking immuno-suppressive drugs) are at increased risk.
- If a teacher or child is experiencing these symptoms, he or she should remain at home and away from others as much as possible for at least 24 hours after the fever is gone (without the use of fever-reducing medicine). With seasonal flu, people may be contagious from one day before they develop symptoms to up to seven days after they get sick. Children, especially younger children, might potentially be contagious for longer periods. People infected with the novel H1N1 are likely to have similar patterns of infectiousness as with seasonal flu.
- We will err on the side of caution. If your son or daughter is experiencing any of the listed symptoms, the school nurse will contact you and ask you to take your child home. Complying as quickly as possible is critical because it is extremely difficult to isolate a sick student in a school environment. You should also consult a physician as soon as possible. We would ask you to keep your son or daughter at home until the fever test listed above has been met.
- We will continue normal operation of school unless the numbers of teachers and/or students reaches a number that would make effective operation of our programs impossible.

