

Fighting Flu in Simi Valley Unified School District

Tough Flu Season Expected

We are anticipating an increase in influenza this 2009-10 school year due in large part to the new H1N1 virus strain “Swine Flu”. The infections seen so far have been much like any influenza with fever, aches, sore throat, cough and fatigue. Most people are acutely ill for 2-4 days.

What’s different about this Flu is that it’s new and so few people have immunity to it. Also more young people are being affected than we would see with seasonal flu. People are contagious for 1-2 days before they have symptoms until the first day after their fever breaks or their cough subsides.

Vaccination to prevent H1N1 is anticipated early to mid October. The CDC has set some priorities for vaccination – with school age children and teens as one of the priority groups. Contact your doctor to find out how and when they will be providing vaccine. We will have public health information on vaccination when it becomes available.

We’re taking steps to reduce Flu transmission at school:

- Students encouraged to wash their hands before snacks and meals
- Everyone is encouraged to cough or sneeze into a tissue or into their elbow
- Students with flu symptoms are kept at home.
- Custodians are using district approved disinfectants to clean restrooms, desks and tables, and other commonly used surfaces

Lincoln Elementary School 805 520-6725
Brenda Montaine, Principal
Marcia Schneider RN CPNP School Nurse

If your child begins to have Flu-like symptoms –

- Fever of 100 degrees or chills.
- They may also have sore throat, cough, achy body or headache, nausea or vomiting.
- Please keep them home – until at least 24 hours after the fever is gone.
- Call our office, let us know about the absence.
- Feel free to call our school nurse with questions or referral requests –Marcia Schneider at ph 306-4875 x1175 or mschneider@simi.k12.ca.us
- Contact your doctor immediately if your child : Has difficulty breathing; Is vomiting and cannot keep down liquids; or Is confused or seems too sleepy

There are a few things every family can do to reduce Flu:

- Encourage hand washing – when people come home from activities, before meals and after you cough or sneeze.
- Encourage healthy diet and enough sleep to strengthen immunity.
- Stay home when you are sick to avoid spreading Flu to others.

Centers for Disease Control
Flu information on the Web is
www.Flu.gov

9/15/09

Simi Valley Unified School District
Jean Borowsky RN, Chair for Health Services
805 306-4594