

Caddo Parish School Nurse Program
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MEMORANDUM

To: Schools
From: Bridget Causey, RN, Supervisor of Nurses
Date: August 18, 2009
Re: H1N1 (Swine Flu)

I have received several calls from schools reporting students absent because of the flu. This novel type of flu is new, so, our populations have not been exposed to it before. We will probably have students and staff reporting this illness all school year.

Guide lines from the Department of Education and the Centers for Disease Control includes the following points:

- **Stay home when sick**: Individuals should stay home until they have been fever free for 24 hours without fever-reducing medicine. A fever is defined as 100° F or 37.8° C.
- **Separate ill students and staff**: Anyone appearing to have flu-like illness should be separated and held in a separate area away from other people until they can go home.
- **Hand hygiene and Respiratory etiquette**: Wash hands frequently with soap and water if possible, and cover the nose and mouth with a tissue when coughing or sneezing. Avoid covering the mouth or nose with the hand; use the bend of the arm at the elbow if sneezing or coughing. Alcohol-based hand cleaners are also effective but do not remove soiled substances

The incubation period of when a person can be contagious is from **one day before getting sick to five-seven days after.**

Signs and symptoms of illness are **fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue.** Some people may also have vomiting and diarrhea.

Extra housekeeping might help reduce the spread of the virus. Using an appropriate disinfectant, clean desk and bathroom, especially in those classrooms that there have been several ill students.

Call the Nurse's Center (687-4220) if you have questions.