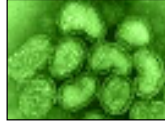


CDC Guidance for School (K-12) Response to H1N1 2009 Influenza

Saint Elizabeth Regional School
in conjunction with
Whitehall-Coplay School District
September 2009



Basic Facts

■ Novel Pandemic H1N1 Influenza

- First confirmed case in PA April 2009
 - As of August 2009 – 2018 probable and confirmed cases (59% between age 5-19)
- Morbidity: mild to severe illness. Most people who have become ill with this new virus have recovered without requiring medical treatment.
- Mortality: As of 8/30/09: 522 deaths in US
- At risk groups:
 - 5 - 25 years of age, pregnant, pre-existing medical conditions including asthma, diabetes, suppressed immune systems, heart disease, kidney disease, neurocognitive and neuromuscular disorders
- Vaccine in development
- Unable to accurately predict severity or extent of viral activity

■ Seasonal Influenza

- Typically emerges Oct-Nov
- Morbidity: mild to severe illness
- Mortality: 36,000 / yr in US
- At risk groups:
 - >65 years of age, young children, pre-existing chronic health conditions
- Vaccine available
- Unable to accurately predict severity or extent of viral activity

Symptoms of H1N1 Flu



How is the flu virus spread?

- Person to person through coughing or sneezing (primary means)
- Touching a surface or object with flu viruses on it and then touching your mouth, nose or eyes.
 - live on surface 2-8 hours

CDC Guidance for Schools

■ Goals

- Decrease spread of flu among students and staff
- Minimize disruption of day-to-day social, educational, and economic activities

Recommended School Responses

- Stay home when sick
- Separate ill students and staff
- Hand hygiene and respiratory etiquette
- Early treatment of high-risk students and staff
- Routine cleaning

Recommended Strategies: Stay Home when Sick

- Individuals with ILI (influenza like illness) should remain home for at least 24 hours after they are free of fever or feverishness without the use of fever-reducing medications
 - 3 to 5 days in most cases
 - Avoid contact with others
- Can shed virus before fever, > 24 hours after fever ends, without any fever, and while using antivirals
- Longer exclusion period may be appropriate for settings with high numbers of high-risk persons

Recommended Strategies: Separate ill Students and Staff

- Move students and staff with ILI symptoms to separate room immediately until they can be sent home
 - Have them wear surgical masks when near others
 - Staff who provide care for persons with ILI should use appropriate personal protective equipment

Recommended Strategies: Hand Hygiene and Respiratory Etiquette

- Wash hands often – especially after coughing or sneezing
- Time, facilities and materials should be provided for students to wash hands as needed
- Alcohol-based hand cleaners(60%) may be effective but are not substitute for hand washing(must rub hand surfaces until alcohol evaporates)
- Cover nose and mouth to cough or sneeze (elbow)
- Discard tissue after use

Recommended Strategies: Routine Cleaning

- Use cleaning agents usually used
- Not necessary to disinfect beyond routine cleaning

Recommended Strategies: Early Treatment

- Encourage ill staff and students to seek early treatment

Recommendations: Influenza A (H1N1) 2009 Vaccination

- Vaccinate as many as possible in 5 initial target groups (~159 mil)- VOLUNTARY
 - Pregnant women
 - Household and caregiver contacts of children younger than 6 months of age (e.g., parents, siblings, and daycare providers)
 - Health-care and emergency medical services personnel¹
 - Persons from 6 months through 24 years of age
 - Persons aged 25 through 64 years who have medical conditions associated with a higher risk of influenza complications
- Seasonal influenza vaccine for all persons

Influenza A (H1N1) 2009 vaccine:

Vaccine and supplies:

- Procured and purchased by US government (unlike seasonal vaccine)
- Will be allocated across states proportional to population
- Vaccine available starting mid-October
- Likely 2 doses required, 3-4 wks apart
- Planning large scale clinics and school-located clinics