

## Flu Update August 28 2009

I have been in meetings with Public Health this week to obtain the most current information on the flu.

The Public Health Department tracks the flu types yearly. **Since May 2009 the only flu virus identified in San Joaquin County has been the Novel H1N1 or Swine Flu.** The virus is acting much like the regular seasonal flu with temperatures over 100 degrees, sore throat, cough, body aches, congestion, and in some cases also diarrhea and vomiting. It has been self-limiting in most cases. Currently all persons with flu symptoms are presumed to have the Swine/H1N1 Flu.

The Public Health Department is no longer requiring medical providers or schools to report cases of influenza.

It is still unclear if this virus will increase in strength but for now it is almost identical to the regular seasonal flu.

The following are prevention measures you are encouraged to follow and implement:

- **Staff and students should wash their hands** often with soap and water or an alcohol-based hand cleaner. Most classrooms have soap and water, however, if they do not, alcohol-based hand sanitizers are provided as recommended by the Centers for Disease Control and Prevention. Please make sure children are supervised as they use the hand sanitizer and wash their hands with soap and water as soon as they are able.
- **NO one should share personal items** like drinks, food or unwashed utensils.
- **Cover coughs or sneezes with a tissue.** If a tissue is not available, encourage staff and students to sneeze into the elbow, arm or sleeve areas. Everyone should wash their hands after sneezing to remove the germs.
- Staff and students **who are sick should remain at home** for at least 24 hours after they no longer have fever and have stopped taking medication for fever or flu symptoms. **This will usually require students and staff to stay home for at least 3-5 days.** Staying home with a fever will reduce the number of people who may get infected.
- **Immediately send children and staff home from school if they are sick.**
- **Children and adults should be vaccinated against seasonal AND H1N1 influenza.** Please consult your medical provider. The Centers for Disease Control and Prevention has noted that young people and pregnant women are more susceptible to flu.
- **Use social distancing** to increase space between people and discourage touching when greeting another person.
- **Most people recover from the flu** without benefit of medication, however, if you become very ill, contact your medical provider's office for further direction and possible medication.

For more information, visit the Manteca Unified School District website at [www.mantecausd.net](http://www.mantecausd.net), for information and government links, [www.flu.gov](http://www.flu.gov), or call 1-800-CDC-INFO for the most current information about the flu.

Manteca Unified School District Health Services will be offering flu vaccination for the seasonal flu to employees and their families most likely in October. You can also see your health care provider for vaccination. Vaccine for Novel H1N1/Swine Flu has not yet been released for distribution.