

Novel H1N1 Influenza (Swine Flu): Questions and Answers for Schools

Onondaga County Health Department

What is novel H1N1 (swine) flu?

- H1N1 is a novel (new) influenza A virus that is transmitted by person-to-person contact.
- H1N1 causes similar illness as seasonal flu.

What are the symptoms of H1N1?

- The main symptoms are having a fever over 100° F and a cough or sore throat.
- Additional symptoms may include headache, body aches, tiredness, runny or stuffy nose, diarrhea, and vomiting.
- In many cases, the symptoms are mild and last only few days.

What can school officials do to prevent students from getting H1N1?

Advise students to:

- Discuss with their parents about getting the H1N1 vaccine when it becomes available
- Consider limiting personal contact such as handshaking, hugging, or kissing.
- Wash hands often with warm soap and water, especially after sneezing and coughing.
- Cover your cough using a tissue or elbow.
- Continue routine cleaning of school surfaces.

What should I do if students have flu-like symptoms?

- If a student shows flu-like symptoms, refer that student to the school nurse immediately.
- If a student has flu-like symptoms while at school, the school nurse will keep your child separated from well students until your child can be picked up.
- A student should remain at home except to



seek medical care while experiencing flu-like symptoms and should not attend any other school functions.

- Students should NOT be permitted to return to school until he or she is free of fever for at least 24 hours without the use of fever-control medicine.

What are health officials recommending for those who develop flu-like symptoms?

- Stay at home if you have flu-like symptoms. This will help limit the spread of the virus to others.
- Most people do not need to seek treatment for the flu. However, when people have asthma, heart disease, diabetes, or other medical problems they should CALL their health care provider when they have flu symptoms.
- If you have flu-like symptoms that continue or are severe, CALL your health

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www.ongov.net or
call 435-3280**