

H1N1 (Swine Flu) Outbreak - For Parents

- The Bristol-Burlington Health District (BBHD) and the Bristol School System are working closely together to help provide a safe environment for our students and staff and decrease the spread of seasonal flu and the H1N1 virus (swine flu).
- There are a number of strategies that the school system will be using to prevent the spread of illness. Frequent hand washing will be encouraged and tissues will be made available. Surfaces that students and schools touch will be cleaned on a regular basis.
- The school health room staff will be monitoring the spread of flu in the schools. Students and staff with flu-like symptoms will be sent home.
- Decisions regarding school closing will be made by school administration in consultation with the Health District.
- The Centers for Disease Control and Prevention (CDC) is currently recommending that schools remain open in most cases.
- However, because the situation can change rapidly, the CDC recommendations may be revised quickly. Additional measures will be made if outbreaks become more severe. This may include extending the time that sick people are away from school, letting people at high risk stay home, and school closings.

Parents can also help prevent the spread of flu.

- Get your child vaccinated for the seasonal flu. When the new H1N1 flu vaccine becomes available – most likely by late fall – have your child vaccinated for this flu as well.
- Have your child wash his/her hands often with soap and water, especially after coughing or sneezing.
- Alcohol-based hand sanitizers also work when running water is not available.
- Have your child cover his/her nose and mouth when coughing or sneezing. If tissues are not available, he/she should cough into a sleeve.
- Avoid sick people.
- Keep your child home from school if he/she has flu-like symptoms. Those with flu-like illness should stay home for at least 24 hours after they no longer have a fever.
- If your child is at high-risk for flu complications, speak now with your health care provider about what to do should he/she become ill.

For more information, please contact the Health District at (860) 584-7682.

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