



# *H1N1/Swine Flu Training for Teachers*

*Indian River County  
Health Department*

*August 2009*



# *Overview H1N1*



# *Where are we now?*



- New virus emerged early 2009 in Mexico
- New virus has pieces that came from birds, pigs, and people and is a novel virus
  - Several pieces are descendants of the 1918 virus
  - Currently rated at severity level 2 out of 5 on CDC's severity index
- Highest attack rate in children and young adults
- Adults born before 1957 seem to be spared
- Continuing activity this summer



# *Past influenza pandemics*



- Before 1889 – pandemics in 1830, 1847
- 1889-91 – H3N8 – severity index ?
- 1918-20 – H1N1 – severity index 5 (out of 5)
  - Variants of this virus circulated til 1957
- 1957 – H2N2 – severity index 2
- 1968 – H3N2 – severity index 1
- 1977 – return of H1N1 – severity index < 1
  - H3N2 and this H1N1 circulated together til 2009
- 2009 – a different H1N1 – severity index 2



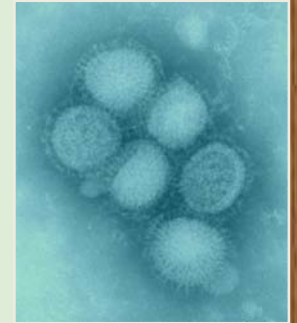
# *Relationships among viruses*



- Infection with seasonal H1N1 provides no protection against novel H1N1
- Vaccination with recent seasonal vaccines also provides no protection against novel H1N1
- Older people are more likely to have antibodies against the H1N1 that circulated before 1957
- This may explain the age distribution of the current pandemic



# *Influenza activity in Florida*



- Outbreaks since May in diverse settings:
  - Summer camps
  - Jails
  - Prisons
  - Detention facilities
  - Child care centers
  - Long-term care hospitals
- We will see outbreaks occurring throughout the fall and this is expected
- CDC expects that more cases, more hospitalizations, and more deaths from this outbreak will occur over the coming days and months.



# *Signs and symptoms*

Symptoms of novel H1N1 flu in people are similar to those associated with seasonal flu.

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Fatigue
  - In addition, vomiting (25%) and diarrhea (25%) have been reported (higher rate than for seasonal flu).



# *How does novel H1N1 Influenza spread?*



- This virus is spread the same way seasonal flu spreads
- Primarily through respiratory droplets
  - Coughing
  - Sneezing
  - Touching respiratory droplets on yourself, another person, or an object, then touching mucus membranes (e.g., mouth, nose, eyes) without washing hands



# *How Can Someone with the H1N1 Flu (Swine Flu) Infect Someone Else?*

- Droplets from a cough or sneeze of an infected person move through the air.
- Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- Germs can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches their own eyes, mouth or nose before washing their hands.
- Influenza virus from respiratory droplets can live on surfaces up to 2 – 8 hours.
- Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick.



# *Can you get novel H1N1 Influenza from eating pork?*

- No. The novel H1N1 influenza virus is not spread by food.
- You cannot get novel H1N1 flu from eating pork or pork products. Eating properly handled and cooked pork products is safe.



# *What can you do to protect yourself from getting sick?*

- There is no vaccine right now to protect against this new H1N1 virus.
- However, everyday actions can help prevent spread of germs that cause respiratory illnesses like influenza.



# *Take these everyday steps to protect your health*

- Wash your hands often with soap and warm water, especially after you cough or sneeze. Wash for 15 – 20 seconds.
- Alcohol-based hand wipes or gel sanitizers with at least a 60% alcohol base are also effective.



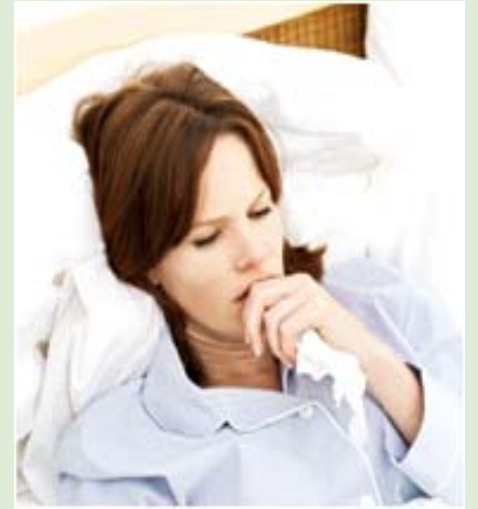
## *Take these everyday steps to protect your health*

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Avoid contact with sick people.



## *If you get sick...*

- Stay home if you are sick for 24 hours after fever resolves (without the benefit of fever-reducing medicine)
- If you are sick, limit your contact with other people as much as possible.



# *Watch for emergency warning signs*

Most people should be able to recover at home, but watch for emergency warning signs that mean you should seek immediate medical care.

In adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough



# *Emergency warning signs in children*

If a child gets sick and experiences any of these warning signs, seek emergency medical care.

In children:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Irritable, the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough



# *H1N1/Swine Flu Vaccine*

- Not expected until mid-October to November
- Mass vaccination campaign will have three components: schools, public clinics, and private physicians
- Priority groups for vaccination have been determined by the CDC



# *CDC's Priority Groups for Vaccination*

- CDC's Advisory Committee on Immunization Practices (ACIP) established initial priority groups for vaccination
  - All people 6 months through 24 years of age
  - People who live with or care for children younger than 6 months of age
  - All pregnant women
  - Healthcare and emergency services sector personnel, and
  - People aged 25 through 64 years who have health conditions associated with higher risk of medical complications from influenza.



# *Role for Schools*

- Indian River County School District is meeting regularly with the health department, emergency management, fire/rescue, and the hospitals regarding H1N1
- Reports absenteeism #'s to Indian River County Health Department (surveillance)
- Policy is to exclude ill students and staff from school for 24 hours after fever resolves without benefit of fever-reducing medicine
- Move students, teachers, and staff to a separate room if they become sick at school until they can be sent home. Limit number of staff who take care of the sick person and provide a surgical mask for the sick person to wear if they can tolerate it. Masks are not recommended for the general population.
- Encourage early medical evaluation for sick students and staff at higher risk for complications from flu
- Support vaccination in school setting: K-12 students are a priority group



## *Action Steps for Teachers to Prevent the Spread of Flu*

- Educate and encourage students to cover their mouth and nose when they cough or sneeze
- Remind students to practice good hand hygiene and provide time and supplies for them to wash their hands as often as necessary
- Be a good role model by practicing good hand hygiene and covering your mouth and nose
- Keep an eye out for sick students and send them to the school health office for further evaluation
- Clean frequently touched surfaces and items
- Teachers should also stay home when sick
- If you are pregnant, have asthma, diabetes, or other conditions putting you at high-risk for flu, speak with your doctor as soon as possible if you develop symptoms
- If you have children, plan ahead for child care if your child gets sick or if school is dismissed





## PRACTICE GOOD HABITS EVERYDAY TO STAY HEALTHY

- Wash hands frequently with soap and water for 20 seconds (long enough to sing the "Sesame hand-washing" song twice). Alcohol-based hand cleaners are also effective.

*Wash, wash, wash my hands,  
Make them nice and clean!*

*Rub the bottoms and the tops  
And fingers in between*

- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

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