

What is Sayville School District doing to safeguard against Seasonal Influenza?

It is important to note that seasonal influenza transmission can be prevented by simple measures.

However, to safeguard against infectious diseases, Sayville Public School District regularly sanitizes our sports equipment and student-learning environments by following cleaning methods recommended by the Center for Disease Control, which states: "cleaning surfaces with detergent-based cleaners or Environmental Protection Agency-registered disinfectants is effective."

Through the District's health curriculum and age-appropriate lessons, our faculty and staff will be emphasizing preventative measures to keep our students free from diseases.

What other measures will the School District be taking?

- In the event that schools are closed due to H1N1, instruction to students will continue through Teacher Pages accessible through the District Website: www.sayville.k12.ny.us;
- **Perfect Attendance Awards** will be suspended for the 2009-2010 school year.
- The District will remain in constant communication and work cooperatively with the Suffolk County Board of Health.
- The District will be receiving direct and timely updates and recommendations from the Center for Disease Control.
- Each school will closely follow directives and ensure opportunities for the students to effectively and regularly cleanse their hands.



Rosemary F. Jones, Ed.D.
Superintendent of
Sayville Schools



SIMPLE MEASURES

Practice good hygiene by keeping your hands clean in the following ways:

- Washing with soap and warm water
- Using an alcohol-based hand sanitizer

Also, practice **Respiratory Etiquette** by using a tissue, your sleeve, or the inside of your elbow to cover your nose or mouth when coughing or sneezing, and **don't forget to wash your hands** after.

RESOURCES FOR MORE INFORMATION GO TO

- Center for Disease Control: <http://www.cdc.gov>
- Understanding Seasonal Influenza including H1N1: <http://www.cdc.gov/flu/>
- Further information at www.cdc.gov, www.nyhealth.gov, www.schoolhealthservicesny.com, or the 24-hour toll-free hotline that New Yorkers across the State can use to get answers to their questions. The hot line is **1-800-808-1987**.
- EPA-Registered Disinfectants: <http://epa.gov/oppad001/chemregindex.htm>

REMEMBER

AVOID direct contact with sick people!

- Influenza spreads mainly person-to-person through coughing, sneezing, and direct contact of infected people.
- The CDC recommends staying home from work or school at least 24 hours after fever symptoms subside to prevent infecting others.



QUESTIONS & Answers

Guidelines for **PREVENTING** the spread of **FLU** including H1N1

Influenza viruses are spread mainly person-to-person through the coughing, sneezing, and direct contact of infected people.



By practicing good hygiene tips suggested in this flyer, we can significantly limit the spread of H1N1 flu and seasonal flu.

To address our community's health concerns, Sayville School District is sharing some reminders that will protect you and your children from the spread of some infectious diseases, including **H1N1**.

REMEMBER TO ALWAYS CHECK OUR WEBSITE
WWW.SAYVILLE.K12.NY.US FOR UPDATES!

What is Seasonal Flu and H1N1?

Both the seasonal flu and H1N1 are respiratory diseases.

The Center for Disease Control reports that Influenza (the flu) is a contagious respiratory illness caused by [influenza viruses](#). It can be a mild to severe illness, worsen chronic health problems, and lead to complications that may be fatal.

H1N1 (also known as swine flu) is a regular respiratory disease of pigs caused by Type A influenza. While people generally do not get swine flu, the recent outbreak of H1N1 can infect people and may be more detrimental to those with underlying health conditions.

Authorities believe H1N1 is communicated through **direct contact**. To prevent the spread of H1N1, infected people should stay home for at least 24 hours **after fever** symptoms have completely subsided.

What are the typical symptoms Of H1N1 and Seasonal Flu?

Fever, sore throat, cough, chills, head and body aches, and fatigue

The symptoms of H1N1 in people are similar to the symptoms of regular human flu and include:

- fever (over 100 degrees F)
- runny nose
- sore throat
- cough
- body aches
- headache
- chills
- and fatigue
- Some infected people have reported diarrhea and vomiting associated with H1N1 flu.

Seek medical attention **immediately** if severe illness (*pneumonia and respiratory failure*) occur. Like seasonal flu, H1N1 may cause a worsening of underlying chronic medical conditions that can be fatal.



How can I prevent myself or my family from getting sick?

Wash your hands with warm water and soap. Stay away from sick people.

To reduce their risk of getting the flu and protect others from infection:

- Instruct your children to wash their hands often. Washing with soap and hot water for at least 20 seconds is ideal (that's about as long as it takes to **sing the "Happy Birthday" song twice**).
- Instruct your children on the proper use of hand sanitizer. Gels, rubs, and hand wipes all work well, as long as they **contain at least 60% alcohol**. Hand wipes must be disposed of properly. Always read and follow label instructions when using hand sanitizer.
- Instruct your children to keep their hands away from their face; **avoid touching their mouth, nose, or eyes**.
- Instruct your children to cover coughs and sneezes with tissues or by coughing into the inside of their elbow. Cough or sneeze into your sleeve—**NOT YOUR HANDS!**



What can I do around my household to prevent the spread of influenza?

Disinfect common areas in your home.

- Disinfect common areas and objects such as door-knobs, faucets, handles, telephones, as well as computers (keyboard and mouse).
- Dispose of used tissues immediately and wash hands.
- Regularly disinfect your bathroom, kitchen, and all other rooms frequented by infected people.
- Wash utensils and dishes in the usual manner, with soap and hot water, or using a standard home dishwasher.

What should I do if I think I have the H1N1 Flu?

Do **NOT GO** to School or Work. Limit your direct contact with others.

If you are sick, **limit your direct contact with other people as much as possible**. Do not go to work or school until at least 24 hours **after** you are fever free without the help of fever-reducing medications. This will prevent the spreading of all types of flu.



HOWEVER, SEEK EMERGENCY MEDICAL CARE FOR THE FOLLOWING WARNING SIGNS:

FOR CHILDREN:

Fast breathing or trouble breathing; bluish skin color; not drinking enough fluids; not waking up or not interacting; being so irritable that the child does not want to be held; flu-like symptoms improve but then return with fever and worse cough; fever with a rash

FOR ADULTS:

Difficulty breathing or shortness of breath; Pain or pressure in the chest or abdomen; sudden dizziness; confusion; severe or persistent vomiting

If you are worried about your symptoms, consult your doctor who will determine whether influenza testing or treatment is needed.

REMEMBER

- **If you get sick with any variety of influenza, the CDC recommends that you stay home from work or school and limit direct contact with others to keep from infecting them.**

H1N1 influenza viruses are not spread by food. You cannot get H1N1 influenza from eating pork or pork products. Eating properly handled and cooked pork products is safe.