

Lexington School District 4

H1N1 Influenza Prevention

What is H1N1 flu?

This is a new influenza H1N1 virus that has never before circulated among humans. This virus is not related to previous or current human seasonal influenza viruses.

How do people become infected with the virus?

The virus is spread from person-to-person. It is transmitted as easily as the normal seasonal flu and can be passed to other people by exposure to infected droplets expelled by coughing or sneezing that can be inhaled, or that can contaminate hands or surfaces.

What are the signs and symptoms of infection?

Signs of influenza H1N1 are flu-like, including fever, cough, headache, muscle and joint pain, sore throat and runny nose, and sometimes vomiting and diarrhea.

What is Lexington District 4 doing to protect students from the H1N1 flu?

- Students, faculty and staff should stringently follow sanitary measures to reduce the spread of influenza, including hand hygiene and cough etiquette.
- Our district upholds a high standard of cleanliness in its facilities.
- Participate in daily surveillance as guided by S.C. DHEC.
- Students and employees who appear to have an ILI, influenza-like illness, (temperature 100°F **AND** a cough or sore throat for which there is no known cause) on arrival or who become ill during the day will be sent home.
- Follow **S.C. DHEC School Exclusion Recommendations: (listed below)**
 - Parents and guardians should monitor their school-age children every morning for symptoms of ILI (temperature 100° F **AND** a cough or sore throat for which there is no known cause).
 - Students with ILI should stay home and not attend school, or not go into the community, except to seek medical care for at least 7 days, even if symptoms resolve sooner. Students may only return earlier if a licensed health-care provider determines that their condition is not contagious and provides a medical note as evidence of clearance.
 - Students who are still sick 7 days after they became ill should continue to stay home from school until at least 24 hours after symptoms have resolved.
 - ILI students who are excluded from school should not congregate with friends, participate in other school or community activities or attend a different child-care setting.
 - These exclusion criteria also apply to school-located before- and after-school programs.

What can you do?

- Wash your hands often.
- Stay home when you're sick.
- Cover your mouth when you cough or sneeze.
- Become vaccinated, when available.