

H1N1 Extends Flu Season into Summer

Summer is not usually a time when parents need to worry about the flu, but our county public health department reports they continue to see local cases of H1N1 Novel Influenza. As the district moves from the regular school year to summer learning and activities, school and public health nurses want to alert parents that this summer, H1N1 is still around and everyone needs to continue to practice basic flu prevention:

- Covering your coughs and sneezes;
- Washing your hands frequently with soap and water or an alcohol-based hand cleaner;
- Staying home if you are sick with flu-like symptoms such as a fever, cough, sore throat, stuffy nose, and in some cases diarrhea and vomiting.

Parents are also asked to follow the same attendance guidelines for summer classes, activities, and child-care services the district has recommended for the regular school year:

- Keep your child home if they have a fever (100 F or greater) and they have at least one other symptom -- a sore throat, or a cough. Children need to stay home for seven days after symptoms start, even if they are no longer ill.
- If your child is still sick after seven days, keep your child at home until they have been well for 24 hours. If you have any questions about your child's health or symptoms, call your child's healthcare provider.
- If your child has been diagnosed by a healthcare provider with a different disease, such as strep, follow your healthcare provider's recommendation.