

## **H1N1 Swine Flu (a type of *Type A Influenza*) Quick Facts and Recommendations**

### 1. According to Dr. B. J. Foch, Region 5 Office of Public Health:

- a. Incubation period is 1 – 4 days;
- b. Symptoms include fever, chills, cough, sore throat, body ache, vomiting and diarrhea;
- c. 1,799 deaths according to World Health Organization in its August 13, 2009 report;
- d. 522 deaths in the U.S. this year through August 20, 2009, compared with an average of 36,000 deaths during typical flu seasons;
- e. 449 confirmed cases in Louisiana through August 14, 2009, with 1 death reported in New Orleans this year;
- f. According to World Health Organization most people recover from the swine flu without medical intervention.

### 2. Recommended Treatment:

- a. Bed rest;
- b. Fever reducing medication non-aspirin;
- c. Proper hydration;
- d. Respiratory complications should prompt contact with healthcare providers.

### 3. Recommendations for School Administrators:

- a. Advise that students with swine flu remain home until 24 hours after fever has abated without medication;
- b. Emphasize basic hygiene posters in restrooms, hand washing fountains near school lunch rooms, athletic dressing rooms;
- c. Refer staff to [www.cdc.gov/h1n1flu/schools/](http://www.cdc.gov/h1n1flu/schools/) for updates;
- d. Remind janitorial staff to apply disinfectant to work stations, bathrooms, lobby areas and doorknobs consistently;
- e. Swine flu confirmation must be documented by treating physician or healthcare provider in writing.

CPSB is in contact with the Region 5 Pandemic Flu Task Force, the Center for Disease Control and the World Health Organization regarding recommended procedure when dealing with the swine flu. You will be updated as we progress through flu season.