

H1N1 Influenza Virus Information

Signs & Symptoms of H1N1 Influenza

- Fever
- Cough
- Sore throat
- Headache
- Runny or stuffy nose
- Chills and/or body ache
- Fatigue

Some may experience:

- Vomiting
- Diarrhea

Recommendations

Please be assured that we will adhere to recommended guidelines received from the Archdiocese of St. Louis in conjunction with the St. Louis County Communicable Disease Control Services Division. The guidelines are printed below for your convenience.

- Each morning, all parents/caregivers should assess all family members and especially all school-age children for symptoms of influenza (fever and cough or sore throat and cough) or other symptoms that might be influenza.
- Each morning all school faculty should assess themselves for symptoms of influenza.
- Students or faculty with influenza-like illness (fever and cough or sore throat) should stay home and not attend school. All sick students and faculty should stay out of school for at least 24 hours after the fever is gone. (Fever should be gone without the use of fever reducing medicine).
- If a child or adult is ill with other symptoms, they should stay home at least one day to observe how the illness develops and until completely fever-free for 24 hours.
- Students and staff who appear ill at arrival or become ill at school should be promptly isolated and sent home.
- Persons who are ill should stay home and not go into the community unless they need medical care. Ill students should not attend alternative child care.
- As always, situations can be individualized and school authorities may close school at their discretion. Parents may use their judgment regarding the risk and benefits of sending their children to school during this influenza outbreak as they would during a seasonal influenza outbreak.
- CDC no longer recommends schools routinely close on the basis of a diagnosis of suspected or confirmed cases of influenza A H1N1. As is our practice with seasonal influenza, schools may be closed if larger numbers of students or faculty become ill and school functioning becomes disrupted.
- Encourage respiratory etiquette; wash your hands often with soap and water, cover your nose and mouth when coughing or sneezing, try not to touch your eyes, nose, or mouth and stay away (6 feet) from people who are sick.