

# H1N1 Virus - The Facts

Through late spring we all witnessed the evolving information in the media regarding the H1N1 virus. Since that time key Elk Grove Unified staff members have continued to stay abreast of this issue. As such, based on input from the Sacramento County Division of Public Health and key stakeholders, we would like to share with you current information about the H1N1 virus.

Public health officials are indicating that the severity of illness from the new H1N1 strain is no greater than the typical seasonal influenza that circulates in our community every year. At this time, the Sacramento County Division of Public Health is treating H1N1 cases much like the regular seasonal flu and will not close a school due to a confirmed case. Elk Grove Unified continues to monitor cases, logging them and reporting information to the Sacramento County Division of Public Health as necessary.

## Health Guidelines

- Students with flu-like symptoms, such as a fever of 100.4 degrees or more, muscle aches, a headache, sore throat, a cough, diarrhea and/or vomiting, should remain home until they are **symptom free** for at least 24 hours. This will limit the spread of a flu virus such as H1N1, as well as many other illnesses.
- The Sacramento County Division of Public Health does not recommend that schools require a doctor's note for healthy or recovered students to return to school.
- Talk to your students about washing their hands thoroughly and often. One recommendation is to teach your child to sing Happy Birthday twice while washing their hands.
- Discuss the importance of covering coughs and sneezes with a tissue or sleeve.

## Reducing Cross Infection

The most effective ways to reduce cross infection is thorough and consistent hand washing. The district uses AeroGreen, an antibacterial foam lotion soap, that is in all EGUSD handwashing dispensers. It is 99.99 percent effective against most common bacteria and is perfectly suited for the healthcare, hospitality, and food preparation industries. Parents and staff are also welcome to bring hand sanitizers to school if they wish.

The Elk Grove Unified School District also cleans school sites daily. Particular attention is paid to "touch point" areas such as desk tops, counter tops, light switches, doors, knobs, handles, pencil sharpeners, stair rails and dispensers. The school district uses H2 orange2, a hydrogen peroxide based cleaning product that eliminates 99.99 percent of germs and viruses from surfaces.

## EGUSD's Pandemic Flu Plan

The Elk Grove Unified School District has a Pandemic Flu Plan that addresses communication, continuity of operations, potential school closures and other related needs. The district has also forged strong relationships with the Sacramento County Division of Public Health and other partnering agencies.

Should the district have to close a school at the recommendation of the Sacramento County Division of Public Health, parents would be notified through an emergency calling system and letter home. It is important that parents and staff keep their emergency contact information updated. Parents can update information through their child's school. Staff should update information through Human Resources. Details about school closures would also be included. In addition, information would be posted on the home page of EGUSD's website, [www.egusd.net](http://www.egusd.net).

If you have questions about the district's Pandemic Flu Plan, please contact the plan coordinator, Jennifer McCain, at (916) 686-7797 X-7253 or at [jmccain@egusd.net](mailto:jmccain@egusd.net).

## H1N1 Resources

Flu.gov

<http://www.pandemicflu.gov/index.html>

World Health Organization (WHO)

<http://www.who.int/csr/disease/influenza/pandemic/en/index.html>

California Department of Public Health

<http://www.cdph.ca.gov/programs/immunize/Pages/PandemicFlu.aspx>

Sacramento County Division of Public Health: <http://www.sacdphhs.com/default.asp?woID=pub&mode>

Center for Disease Control (CDC): H1N1 (Swine) Flu  
<http://www.cdc.gov/h1n1flu/>