
CDC Guidance for School (K-12) Response to H1N1 2009 Influenza

Whitehall-Coplay School District
September 2009



Basic Facts

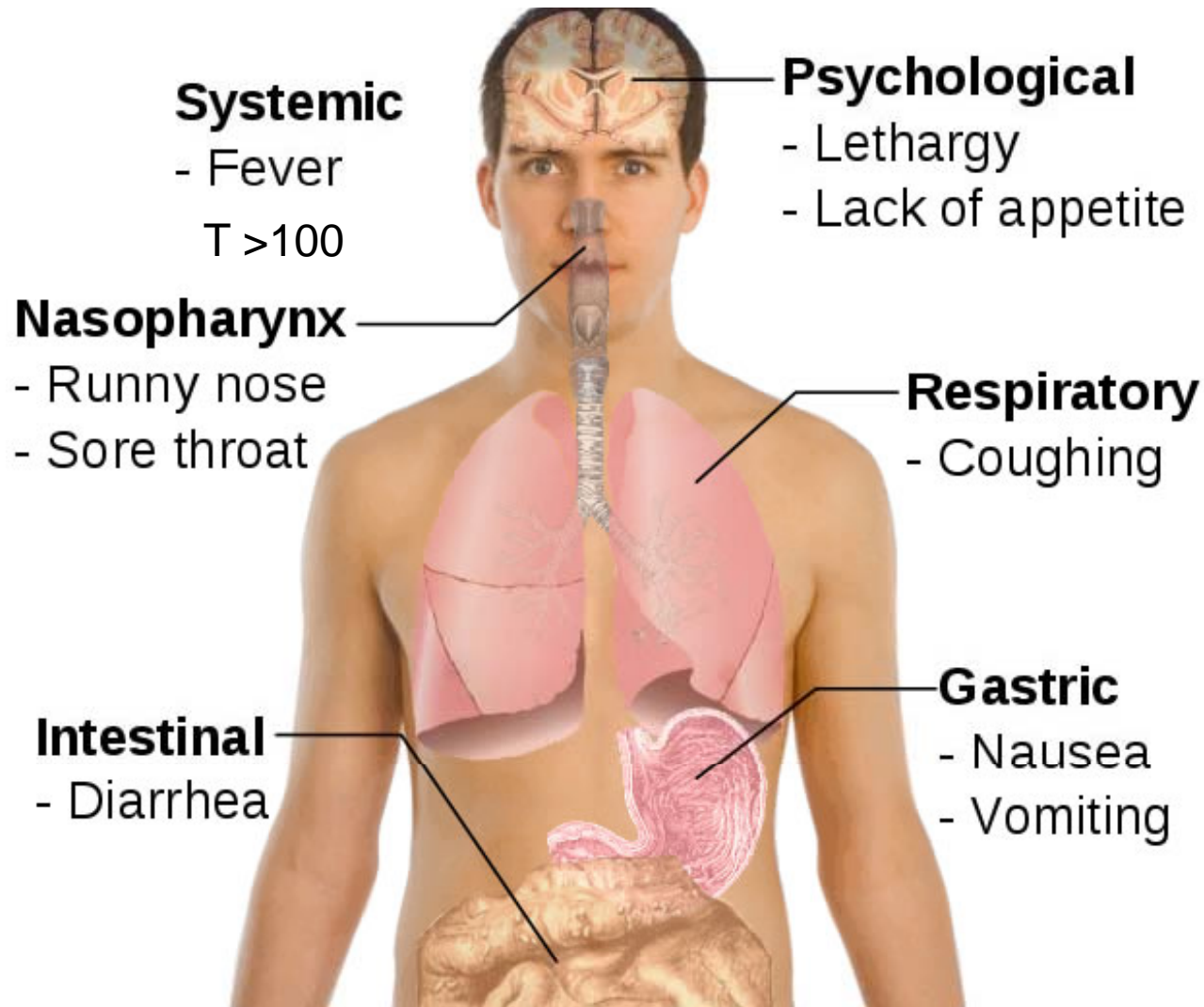
■ Novel Pandemic H1N1 Influenza

- First confirmed case in PA April 2009
 - As of August 2009 – 2018 probable and confirmed cases (59% between age 5-19)
- Morbidity: mild to severe illness. Most people who have become ill with this new virus have recovered without requiring medical treatment.
- Mortality: As of 8/30/09: 522 deaths in US
- At risk groups:
 - 5 - 25 years of age, pregnant, pre-existing medical conditions including asthma, diabetes, suppressed immune systems, heart disease, kidney disease, neurocognitive and neuromuscular disorders
- Vaccine in development
- Unable to accurately predict severity or extent of viral activity

■ Seasonal Influenza

- Typically emerges Oct-Nov
- Morbidity: mild to severe illness
- Mortality: 36,000 / yr in US
- At risk groups:
 - >65 years of age, young children, pre-existing chronic health conditions
- Vaccine available
- Unable to accurately predict severity or extent of viral activity

Symptoms of H1N1 Flu



How is the flu virus spread?

- ❑ Person to person through coughing or sneezing (primary means)
 - ❑ Touching a surface or object with flu viruses on it and then touching your mouth, nose or eyes.
 - live on surface 2-8 hours
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CDC Guidance for Schools

■ Goals

- **Decrease spread of flu among students and staff**
 - **Minimize disruption of day-to-day social, educational, and economic activities**
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Recommended School Responses

- **Stay home when sick**
 - **Separate ill students and staff**
 - **Hand hygiene and respiratory etiquette**
 - **Early treatment of high-risk students and staff**
 - **Routine cleaning**
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Recommended Strategies:

Stay Home when Sick

- **Individuals with ILI (influenza like illness) should remain home for at least 24 hours after they are free of fever or feverishness without the use of fever-reducing medications**
 - **3 to 5 days in most cases**
 - **Avoid contact with others**
 - **Can shed virus before fever, > 24 hours after fever ends, without any fever, and while using antivirals**
 - **Longer exclusion period may be appropriate for settings with high numbers of high-risk persons**
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Recommended Strategies: Separate ill Students and Staff

- **Move students and staff with ILI symptoms to separate room immediately until they can be sent home**
 - Have them wear surgical masks when near others
 - Staff who provide care for persons with ILI should use appropriate personal protective equipment
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Recommended Strategies: Hand Hygiene and Respiratory Etiquette

- **Wash hands often – especially after coughing or sneezing**
 - **Time, facilities and materials should be provided for students to wash hands as needed**
 - **Alcohol-based hand cleaners(60%) may be effective but are not substitute for hand washing(must rub hand surfaces until alcohol evaporates)**
 - **Cover nose and mouth to cough or sneeze (elbow)**
 - **Discard tissue after use**
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Recommended Strategies: Routine Cleaning

- **Use cleaning agents usually used**
 - **Not necessary to disinfect beyond routine cleaning**
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Recommended Strategies: Early Treatment

- **Encourage ill staff and students to seek early treatment**
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Recommendations:

Influenza A (H1N1) 2009 Vaccination

- Vaccinate as many as possible in 5 initial target groups (~159 mil)- VOLUNTARY
 - Pregnant women
 - Household and caregiver contacts of children younger than 6 months of age (e.g., parents, siblings, and daycare providers)
 - Health-care and emergency medical services personnel¹
 - Persons from 6 months through 24 years of age
 - Persons aged 25 through 64 years who have medical conditions associated with a higher risk of influenza complications
 - Seasonal influenza vaccine for all persons
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Influenza A (H1N1) 2009 vaccine:

Vaccine and supplies:

- Procured and purchased by US government (unlike seasonal vaccine)
 - Will be allocated across states proportional to population
 - Vaccine available starting mid-October
 - Likely 2 doses required, 3-4 wks apart
 - Planning large scale clinics and school-located clinics
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