

## **H1N1 Influenza Information, via the Salina-Saline County Health Department/KDHE.**

The CDC announced in June that the US is experiencing a pandemic of H1N1 influenza. Most of the severe disease cases, complications, hospitalizations, and deaths from this flu have occurred in children, pregnant women, and young adults with chronic health problems. Children are more likely to 'get this flu', because this is a new virus of which they have not ever been exposed to. Manufacturers are working to develop a safe, effective vaccine against this flu. The vaccine is expected to be available this fall.

The Salina-Saline County Health Department hopes to set up *free* H1N1 flu clinics for students in the Salina and Saline County schools in the fall, if enough vaccine is available. *Parent permission will be required before the vaccination can be given.* Patrons will be notified if/when a H1N1 vaccination clinic will be held at SES. The H1N1 vaccination is different than the 'regular flu shot' for the seasonal flu. Therefore, everyone in the 'at-risk-groups' are strongly encouraged to get the seasonal flu vaccination, as well as the H1N1 vaccination. The regular seasonal flu shots will be available at your physician's office, at the Health Department or Flu Clinics in the community this fall.

### ***What can you do to help?***

Cover your cough and teach your children to do the same. Use disposable tissues and wash your hands with soap and water or use an alcohol-based hand sanitizer. IF tissues are not available, teach your child to cough or sneeze into the elbow area or shoulder, NOT into the hands. Keep fingers and hands out of/away from the eyes, nose, and mouth. Hand washing should continue at least 20 seconds (sing Happy Birthday twice) with soap and water. Do not share food and drink. *NEVER* give aspirin for the flu. Keep your child at home from school and *ALL* school activities while ill. ***You will be required to keep the child home for 24 hours fever-free, which means no fever is present for 24 hours without the use of Tylenol or other medication.*** (*Staying home for 24 after any illness is a good idea regardless if a fever or not.*) Seek medical attention if the illness continues. Adults also should be advised of the same.

When calling the school to notify a child is sick and will not attend school, **ALWAYS** list the child's symptoms. Symptoms of flu include: fever, sore throat, cough, body aches, headache, chills, fatigue, and possibly diarrhea and vomiting. This helps the school nurse and the health department to monitor illnesses in the schools and the community.

We will attempt to keep you up-dated with current information via the web site and the monthly news bulletin. If you have any questions, please call the SSCHD at 785-826-6600 or call the school nurse at 785-536-7012.