

## H1N1 UPDATE

I wanted to update everyone on the H1N1 Flu, as I have already had many questions about what we are doing here at PES. I receive frequent updates from both federal and state agencies as well as support from our local hospital. It has been emphasized that the recommendations today may not be the same tomorrow as this viral unfolds. Right now the recommendations are as follows:

1. Prevention of illness
2. Prevention of the spread of the illness
3. Proper treatment of those who are ill

To obtain these goals we will continue the same general rules that we already practice, such as hand washing, using hand sanitizer, covering a cough or sneeze with your elbow or shoulder, disposing of used tissues after one use, and surface cleaning of high traffic areas like desks, tables, etc. Under normal conditions the virus will die in 2-3 hrs.

When a child comes to me with a fever  $>100$  and either a sore throat or cough, I will send them home. I am to keep them isolated from others that come into my office, especially any children at high risk that have chronic conditions. Children and adults (staff) are to stay home until fever free (without the use of fever reducing medications) for 24 hrs. I would like to see anyone that is out ill on the day they return to make sure they are not coming back too early. I will be tracking those that have reported an ILI, (influenza like illness) symptoms and reporting to the state on a daily basis. Presently, they DO NOT recommend that you seek medical attention with the flu unless you are experiencing complications.

Please feel free to contact me with any questions or concerns.