

H1N1 Update

I just wanted to inform you there has been a possible case of H1N1 flu in our Elementary School. The case was diagnosed by the physician, but the child was not tested for H1N1—the physician told the family it was H1N1, and diagnosis was based on experience.

In saying this, the **H1N1 flu is very similar to the regular flu we see every year.**

Same precautions will take place as we battle the winter months of flu season.

Wash hands frequently, cover mouths and nose when coughing or sneezing, don't share drinks and mostly stay home when you are sick with fever, diarrhea or vomiting.

Symptoms of H1N1 are show below, but people may have only one or two symptoms.

1. Sudden onset of fever having a temperature greater than 102.5
2. A cough.
3. Most have a sore throat
4. Runny nose
5. Body aches
6. Headaches
7. Chills
8. Fatigue

People can infect others with the H1N1 flu even before symptoms occur and they may remain contagious for 7 or more days after they become sick.

Almost everyone with H1N1 flu has been taken care of at home and recovered in a few days. Illnesses with a lot of nasal congestion and mild fever are probably not H1N1. Illnesses with diarrhea and vomiting are probably not H1N1, although some with a confirmed case of H1N1 have had such symptoms.

Again, visit the Texas State of Health website www.dshs.state.tx.us/txflu or www.texasflu.org to find out more information. I will keep you updated if things progress.

We would have to have many many more cases before even considering closing school, so keep coming to school but, keep children at home if they are sick and/or running a fever. They must be fever free for 24 hours before returning to class.

Thanks,

Melissa Burden, RN

Brock District School Nurse