

**West New York Board of Education
School Health Procedure/Guidelines**

SWINE FLU VIRUS

SWINE FLU VIRUS is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and not sustained beyond three people.

What are the symptoms of swine flu in humans?

Symptoms of swine flu are similar to those of our regular flu, with sudden onset of:

- fever
- lethargy
- lack of appetite
- coughing

Some people with swine flu have also reported:

- runny nose
- sore throat
- nausea, vomiting and diarrhea.

How is the virus transmitted?

Human-to-human transmission of swine flu is believed to occur the same way as seasonal flu, mainly through coughing or sneezing of people infected with the influenza virus.

People also can become infected by touching something with flu viruses on it and then touching their mouth or nose.

How can I protect myself from this virus?

First and most important: wash your hands.

Since influenza spreads through spit and spray as well as contact with contaminated surfaces, the usual good personal hygiene habits are the best defense. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Try not touch surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick.

Wash your hands repeatedly through the day with soap and water or with alcohol-based hand sanitizers. Avoid touching your mouth, nose or eyes with your hands unless they've been washed. When coughing, cough into a tissue and throw it in the garbage. If you cough into your hand, wash your hands immediately. Sanitize surfaces that may have come into contact with the virus.

With human flu, the virus is most contagious between the second and third days after infection, but the virus is still contagious for about 10 days.

Are there medicines to treat swine flu?

Yes. Most of the infections have been treated successfully, though there have been deaths in Mexico. In most cases, patients with this swine flu have recovered on their own. In those who have had to be hospitalized, this virus has been treated with antiviral medications.

CDC recommends the use of oseltamivir or zanamivir for the treatment and/or prevention of infection with these swine influenza viruses.

Tamiflu is also recommended. Antiviral drugs are prescription medicines (pills, liquid or an inhaler) that fight against the flu by keeping flu viruses from reproducing in your body. If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. For treatment, antiviral drugs work best if started soon after getting sick (within 2 days of symptoms).

How long can an infected person spread swine flu to others?

People with swine influenza virus infection should be considered potentially contagious as long as they are symptomatic and possible for up to 7 days following illness onset. Children, especially younger children, might potentially be contagious for longer periods.

What surfaces are most likely to be sources of contamination?

Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Droplets from a cough or sneeze of an infected person move through the air. Germs can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches their own eyes, mouth or nose before washing their hands.

Parental Notification:

The district has distributed an information guide to symptoms and prevention through student back packs. This notice has been posted to the district's Website.

Prevention

1. Careful attention to personal hygiene is key to avoiding SWINE FLU.
2. Wash your hands frequently. See instruction below.
3. Do not share personal items such as drinking cups, etc. with another person. SWINE FLU can be transmitted through touching contaminated items.
4. If you share sleeping mats or bean bags, clean them first with an antiseptic solution or spray.
5. If you suspect infection, call your family doctor and notify your school nurse.

Teaching Staff Response

If a teacher or other professional notices a student exhibiting symptoms, direct them to the school nurse.

Instruct children to wash their hands in the following manner:

Wet hands with warm water first, dispense hand soap (**SSS Antimicrobial**) and lather well beyond wrists. Work all surfaces thoroughly including palms, back of hands, fingers and under fingernails. Rub hands together for at least 15-20 seconds. Thoroughly rinse with clean, warm water.

Preschool teachers, aides and athletic department personnel:

Discourage the sharing of personal items. If this is not possible, disinfect the items by using **SSS Disinfectant Spray** provided by the district. Follow the product directions listed on the spray can. Sleeping mats and cots may be sprayed at the end of the school day.

Nurse Response

Visually inspect for symptoms and interview the child for other information regarding general health condition. Disinfect office cots with **SSS Disinfectant Spray** provided by the district at the end of the school day.

Custodial Response

The district utilizes the following antibacterial products for use in disinfection in the classroom and common areas:

SSS Disinfectant/Deodorant Spray –this product is a staphylocidal and should be used on sleeping mats, cots, athletic equipment; bean bags.

Bleach – to disinfect nonporous non-food contact surfaces such as floors, walls, mops, garbage cans, bathrooms, showers, toilet bowls and working surfaces.

Follow bottle directions.

To sanitize nonporous food contact surfaces and porous food contact surfaces, follow bottle directions.