

## What is the West Islip School District doing to safeguard against Swine Influenza?

It is important to note that Swine Influenza transmission can be prevented by simple measures.

However, to safeguard against infectious diseases, the West Islip School District regularly sanitizes our sports equipment and student-learning environments by following cleaning methods recommended by the Center for Disease Control, which states: “*cleaning surfaces with detergent-based cleaners or Environmental Protection Agency-registered disinfectants is effective.*”

Through the District’s health curriculum and age-appropriate lessons, our faculty and staff will be emphasizing preventative measures to keep our students free from diseases.

It would be most helpful if parents encourage the following:

### Prescribed Procedures

- Have children wash their hands often with soap and water, especially after coughing or sneezing. Alcohol-based hands cleaners are also effective. *(The CDC recommends washing for as long as it takes to recite the alphabet).*
- Students should cover their noses and mouths with tissues, their sleeves, or the inside of their elbows when coughing or sneezing. Remember to throw the tissue in the trash after use and wash hands!
- Avoid touching your eyes, nose, or mouth. Germs spread that way.
- Try to avoid close contact with sick people.
- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.



## Beth Virginia Blau, Ed.D. Superintendent of the West Islip UFSD



### Simple Measures

Practice good hygiene by keeping your hands clean in the following ways:

- Washing with soap and warm water
- Using an alcohol-based hand sanitizer
- Using a tissue, your sleeve, or the inside of your elbow to cover

your nose or mouth when coughing or sneezing, and **don't forget to wash your hands** after.

## RESOURCES

### For More Information go to

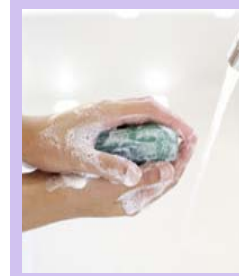
- Center for Disease Control: <http://www.cdc.gov>
- Understanding Swine Flu: <http://www.cdc.gov/swineflu>
- Further information at [www.cdc.gov](http://www.cdc.gov), [www.nyhealth.gov](http://www.nyhealth.gov), [www.schoolhealthservicesny.com](http://www.schoolhealthservicesny.com), or the 24-hour toll-free hotline that New Yorkers across the State can use to get answers to their questions. The hot line is **1-800-808-1987**.
- EPA-Registered Disinfectants: <http://epa.gov/oppad001/chemregindex.htm>



West Islip Public Schools  
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QUESTIONS & ANSWERS

## About **PREVENTING** the Spread of **SWINE FLU**



**I**nfluenza viruses are spread mainly person-to-person through the coughing or sneezing of infected people.

**Practicing good hygiene can limit the spread of seasonal and swine flu.**

**Reports of the recent outbreaks of Swine Influenza A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads. Even though most cases of swine flu in the United States at this time involve only mild illness, the CDC and local and state health agencies are working together to investigate these situations.**

**In an effort to be proactive in addressing our community's health concerns, the West Islip School District is sharing some reminders that will protect you and your children from the spread of infectious diseases.**

## What is Swine Flu?

As with the seasonal flu, it is a respiratory disease.

Swine Influenza (swine flu) is a regular respiratory disease of pigs caused by *Type A influenza*. People do not normally get swine flu, but human infections can and do happen.

Due to the recent outbreaks in Mexico and the United States, the CDC has determined that this swine influenza A (H1N1) virus is contagious and has been spreading from human to human.

To prevent the spread of all varieties of flu, please follow the precautions that are recommended in this notice.

## What are the typical symptoms of Swine Flu?

Fever, sore throat, cough, chills, head and body aches, and fatigue

The symptoms of swine flu in people are similar to the symptoms of regular human flu and include:

- fever (over 100 degrees F)
- runny nose
- sore throat
- cough
- body aches
- headache
- chills
- and fatigue

Some people have reported diarrhea and vomiting associated with swine flu. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people.



Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

## How can I prevent myself or my family from getting sick?

Wash your hands with warm water and soap. Stay away from sick people.

To reduce their risk of getting the flu and protect others from infection:

- Instruct your children to wash their hands often. Washing with soap and hot water for at least 20 seconds is ideal (that's about as long as it takes to **sing the "Happy Birthday" song twice**).
- Instruct your children on the proper use of hand sanitizer. Gels, rubs, and hand wipes all work well, as long as they **contain at least 60% alcohol**. Hand wipes must be disposed of properly. Always read and follow label instructions when using hand sanitizer.
- Instruct your children to keep their hands away from their face; **avoid touching their mouth, nose, or eyes**.
- Instruct your children to cover coughs and sneezes with tissues or by coughing into the inside of their elbow. Cough or sneeze into your sleeve—**NOT YOUR HANDS!**



## What can I do around my household to prevent the spread of influenza?

Disinfect common areas in your home.

- Disinfect common areas and objects such as door-knobs, faucets, handles, telephones, as well as computers (keyboard and mouse).
- Dispose of used tissues immediately and wash hands.
- Regularly disinfect your bathroom, kitchen, and all other rooms frequented by infected people.
- Wash utensils and dishes in the usual manner, with soap and hot water, or using a standard home dishwasher.

## What should I do if I think I have Swine Flu?

Do not go to School or Work. Limit your contact with other people.

If you are sick, **limit your contact with other people as much as possible**. Do not go to work or school. This will prevent spreading the flu.



**HOWEVER, SEEK EMERGENCY MEDICAL CARE FOR THE FOLLOWING WARNING SIGNS:**

### FOR CHILDREN:

Fast breathing or trouble breathing; bluish skin color; not drinking enough fluids; not waking up or not interacting; being so irritable that the child does not want to be held; flu-like symptoms improve but then return with fever and worse cough; fever with a rash

### FOR ADULTS:

Difficulty breathing or shortness of breath; Pain or pressure in the chest or abdomen; sudden dizziness; confusion; severe or persistent vomiting

*If you live in areas where swine influenza cases have been identified and are worried about your symptoms, consult your doctor who will determine whether influenza testing or treatment is needed.*

## REMEMBER

- **If you get sick with any variety of influenza, the CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.**

**Swine influenza viruses are not spread by food. You cannot get swine influenza from eating pork or pork products. Eating properly handled and cooked pork products is safe.**