

H1N1 Information

What are the symptoms of the H1N1 flu virus?

The new strain of flu has the same symptoms of the “seasonal” flu that has been circulating in the country over the past years. You or your child will experience a sudden onset of fever (higher than 100), cough, runny nose, sore throat, and all over body aches. Many persons have reported experiencing diarrhea as well. If you or your child has these symptoms, you can assume you have the flu. The symptoms will usually last 4-5 days, but you can spread the virus for up to seven days after the onset of symptoms.

How can parents help reduce the number of flu cases in our schools and communities?

- Keep sick children at home. If your child exhibits flu-like symptoms, keep them home from all activities such as after school programs, dances, movies, and other events where people gather. Contact your primary care health provider or county health department for further instructions.
- Stay home when you are sick. Limit your contact with other people. Again, contact your primary care health provider or county health department for instructions.
- Cover coughs and sneezes. Teach your child to cover their coughs and sneezes with tissues or by coughing into the inside of the elbow. Dispose of used tissues properly, and then wash hands thoroughly. Practice these steps and use them every time you cough or sneeze.
- Wash hands with soap and water. Teach your child to wash their hands frequently with soap and water for 20 seconds (singing the "Happy Birthday" song twice). Set a good example by doing this yourself.
- Teach your child the proper use of hand sanitizer. Gels, rubs, and hand wipes work well, as long as they contain at least 60% alcohol. Dispose of hand wipes properly. Always read and follow label instructions when using hand sanitizer.
- Get a seasonal flu shot. Regular seasonal flu vaccine should be available in September, and although it will not protect against the H1N1 Swine flu, it will help minimize the chance that your child, classmates, school faculty and staff may take the flu home to their families.

Is there a vaccine for this flu?

Our Federal partners are getting very close to the manufacture of a vaccine to immunize against H1N1 Swine Flu, and they anticipate it to become available later this fall. The vast majority of people in the world are not protected against this new virus, and therefore, larger numbers of people will need to be vaccinated. So that the vaccine is used in the most effective manner, we will follow Federal guidelines and first vaccinate people in certain age groups, and those with specific medical conditions or occupations. Within this group are children ages 6 months to 24 years.

Our Flagler County School District will be working with our Flagler County Health Department to identify the groups that will receive vaccinations and then the places and times it will be available. If your child or members of your family are in one of those groups that are identified for vaccination, we recommend you follow federal and state recommendations and get vaccinated.

For more local, state and national information click on H1N1 links on our website.