

IMPORTANT NOTICE

H1N1 Guidelines for Parents & Students

(Adapted from the Ministry of Health's website www.health.gov.tt)

Parents/guardians should check their child/children **each morning** for influenza like symptoms,

Influenza like symptoms include:

*Sudden high fever (over 38°C or 100°F), along with cough, sore throat, body aches, headache, fatigue

* Children may also have symptoms including nausea, vomiting and diarrhoea

Children with influenza-like symptoms should NOT go to school. Parents should contact their doctor or health facility and keep children at home and away from public places and social gatherings until 24 hours after symptoms clear or seven (7) days after symptoms start, whichever is longer. Monitor their health and seek medical attention if conditions worsen. Aspirin or aspirin-containing products should not be given to children with flu like symptoms

Guidelines for Influenza Prevention & Health Education

Cough Etiquette: Cover coughs and sneezes. Cover your nose and mouth with a tissue when you cough or sneeze or sneeze into your sleeve or elbow if you don't have a tissue handy. Throw the tissue into the bin after use and wash your hands with soap and water for at least 20 seconds afterwards.

Social Distance: Avoid close contact with persons who have flu like symptoms (fever, cough, sore throat etc.). Keep a distance of at least 6 feet away from persons who have flu like symptoms. Limit personal contact like shaking hands, hugging etc. at this time as these increase risk of spread of bacteria and viruses from person to person. **If you develop flu like symptoms, including fever plus sore throat, headache, cough while at school, immediately inform a teacher**, leave the class room, and remain in the area designated by school personnel.

Hand Hygiene: Wash your hands thoroughly with soap and water for at least 20 seconds. Help small children understand the concept of 20 seconds by using a song that averages 20 seconds in length, that they can sing or hum while they wash their hands. For example: Sing 'Happy Birthday' twice or 'Row, row, row your boat' twice

When washing hands, pay special attention to areas under the finger nails and the crevices between fingers. Germs may be trapped there. Rinse well with running water to remove all traces of soap. Alcohol-based hand sanitizers containing at least 70% alcohol can also be used to clean hands when soap and water are not available. Avoid using shared towels to dry hands. Germs including viruses can be spread this way.

****Note: Avoid the use of rags. Rags store and spread bacteria***