

H1N1 Flu Statement

Beginning in April 2009, the State of Texas began responding to the outbreak of the H1N1 virus. When this strand was introduced there was limited knowledge of the severity which prompted the Department of State Health Services to recommend school closures in those areas believed to be affected by H1N1. With new information and research it is evident that this flu strand contains moderate symptoms that resemble those in seasonal flu and school closures will no longer serve as the preferred method of limiting transmission. Due to the potential of outbreaks this school year, in addition to seasonal flu and other emergency concerns (i.e. hurricanes and or flooding), we encourage districts to review their emergency preparedness plans.

August 4, 2009

Cuero ISD is closely monitoring the H1N1 flu situation in Texas, and we have been in contact with representatives of the local Health Department and the Centers for Disease Control and Prevention. This is considered by public health officials to be a relatively mild strain of H1N1 flu, and has proven to be responding well to treatment. Texas Education Agency and Department of State Health Services are working closely to monitor the situation and will continue to advise school districts. Officials from all agencies recommend that school personnel and parents monitor students for flu-like symptoms such as fever, lethargy, lack of appetite, coughing, and sore throat. Other symptoms may include runny nose, nausea, vomiting and diarrhea.

Parents should watch the newspaper for notification of vaccines available for both H1N1 and seasonal flu. Parents are also encouraged to take their child to their physician if any flu-like symptoms develop.

Health officials also advise the public to follow standard precautions to reduce the spread of any respiratory illness, including:

- **Stay home when you are sick to avoid spreading illness to others. Do not return to school / work until fever free for 24 hours.**
- **Cough or sneeze into the crook of your elbow or a tissue and properly dispose of used tissues.**
- **Wash hands frequently and thoroughly with soap and warm water or use an alcohol-based hand sanitizer.**
- **Avoid close contact with people who are ill.**
- **Avoid unnecessary travel to Mexico.**

The Texas Department of State Health Services has established a toll-free hotline (1-888-777-5320) for anyone who would like additional information about H1N1 flu, or you may contact the local Health Department.