

Priddy Independent School District

“Dedicated to Educating our Youth”

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To all Parents and Guardians:

With the flu season upon us just some reminders. Tell your children the importance of washing their hands often and always covering the mouths and noses when coughing or sneezing. Seasonal flu shots are available and the H1N1 should be available by September 30th, check with your physician. I am including recommendations and information from the Texas Department of Health. The website for more info on H1N1 can be found at: www.texasflu.org. If you have any questions or concerns call us.

Q. What are the symptoms of H1N1 flu?

A: Almost all people in Texas with confirmed novel H1N1 flu have had a sudden onset of fever (half having a temperature greater than 102.5oF) and cough. Most have had a sore throat. Almost everyone with H1N1 flu has been taken care of at home and recovered in a few days. Illnesses with a lot of nasal congestion and mild fever are probably not H1N1 flu. Illnesses with diarrhea and vomiting are probably not H1N1 flu, although some with a confirmed case of H1N1 have had such symptoms.

Other symptoms may include runny nose, body aches, headache, chills, and fatigue. People may have only one or two symptoms besides the fever, or they may have many. People can infect others with the H1N1 flu even before they show symptoms, and they remain contagious for seven or more days after they become sick.

Q. What do I do if I have these symptoms?

A: Stay home if you get sick. Stay home from work, school, errands, and limit close contact with others to keep from infecting them. In most cases people with H1N1 flu will get better without medical attention. If you have been diagnosed with H1N1, stay home while you have symptoms. Wait to be around people until your fever has been gone for 24 hours without taking fever-reducing medications. If you work in a hospital or other healthcare setting around people at high risk of complications from flu, stay home for 7 days after symptoms began or until your symptoms are gone, whichever is longer.

If you are at risk for complications of influenza, call your health care provider. Follow

your provider's advice. Most people with nasal congestion and mild fever don't have H1N1 flu.