



Wyoming Department of Education

Dr. Jim McBride, Superintendent of Public Instruction
Hathaway Building, 2nd Floor, 2300 Capitol Avenue
Cheyenne, WY 82002-0050

Phone 307-777-7673 Fax 307-777-6234 Website www.k12.wy.us

MEMORANDUM NO. 2009-138

TO: School District Superintendents

FROM: Dr. Jim McBride
Superintendent of Public Instruction 

Dr. Brent Sherard
Director, Wyoming Department of Health
State Health Officer

DATE: September 11, 2009

SUBJECT: H1N1 Influenza

INFORMATION TO SHARE

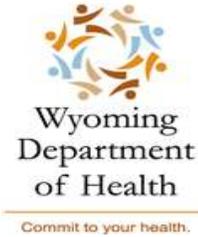
The Wyoming Department of Education and the Wyoming Department of Health would like your school district to be informed and in control as school begins and new waves of influenza begin to appear.

The enclosed documents are current guidelines set forth from the Wyoming Department of Health. Basic hygiene is the best method for reducing risk of H1N1 influenza, seasonal flu, or any other illness. Teachers and staff should stay home if they are feeling ill, and parents should be instructed to keep their children home if there are any signs of illness. Please continue to work with your local health departments to inform families of your district's preparedness for outbreaks of the flu, as well as flu clinics that may be available in your areas. All school age children and those who work with school age children are in the recommended categories for receiving the seasonal flu vaccine.

For more information on H1N1 or seasonal flu, please visit
<http://wdh.state.wy.us/phsd/epiid/swineflu.html>

JM:BS:rs

Attachments



Stay Healthy

Follow the same actions that you take to prevent any flu—stay healthy yourself and avoid the germs and viruses spread by people who are sick with the flu.

Take common-sense steps to limit the spread of germs. Make good hygiene a habit.

- Wash hands frequently with soap and water.
- [Cover your mouth and nose](#) with a tissue when you cough or sneeze.
- Put used tissues in a wastebasket.
- [Cough or sneeze into your upper sleeve](#) if you don't have a tissue.
- Clean your hands after coughing or sneezing. Use soap and water or an alcohol-based hand cleaner.
- Stay at home if you are sick.

It is always a good idea to practice good health habits.

- Eat a balanced diet. Be sure to eat a variety of foods, including plenty of vegetables, fruits, and whole grain products. Also include low-fat dairy products, lean meats, poultry, fish, and beans. Drink lots of water and go easy on salt, sugar, alcohol, and saturated fat.
- Exercise on a regular basis and get plenty of rest.

For school buildings

- School dismissal is not advised for a suspected or confirmed case of Novel Influenza A H1N1 (Swine Flu)
- School staff should routinely clean areas that students and staff touch often with the cleaners they typically use. Special cleaning with bleach and other non-detergent-based cleaners is not necessary

For the most up-to-the-date flu information, please visit www.flu.gov

Visit the Wyoming Department of Health: www.health.wyo.gov

Detailed planning guidance for schools can be found at:
<http://www.flu.gov/plan/school/schoolguidance.html>



Interim Recommendations: K-12 Schools

- School dismissal is not advised for a suspected or confirmed case of Novel Influenza A H1N1 (Swine Flu) and, in general, is not advised unless there is a magnitude of faculty or student absenteeism that interferes with the school's ability to function. As always, situations can be individualized and school and public health authorities may close facilities at their discretion.
- Students, faculty or staff with influenza-like illness (fever with a cough or sore throat) should keep away from others as much as possible, [stay home, and not attend school or go into the community \(except to seek medical care or for other necessities\) for at least 24 hours after fever is gone.](#) (Fever should be gone in the absence of a fever-reducing medicine.) This recommendation should be adhered to even if the ill person is taking antiviral medications.
- Students, faculty and staff who appear to have an influenza-like illness at arrival or become ill during the day should be isolated promptly in a room separate from other students and sent home.
- School staff should routinely clean areas that students and staff touch often with the cleaners they typically use. Special cleaning with bleach and other non-detergent-based cleaners is not necessary.
- Parents and guardians should monitor their school-aged children, and faculty and staff should self-monitor every morning for symptoms of influenza-like illness. Ill students should not attend alternative child care or congregate in other neighborhood and community settings outside of school.
- Students, faculty and staff should stringently follow sanitary measures to reduce the spread of influenza, including covering their nose and mouth with a tissue when coughing or sneezing (or coughing or sneezing into their sleeve if a tissue isn't available), frequently washing hands with soap and water, or using [hand sanitizer](#) if hand washing with soap and water is not possible.
- School district officials should continue working with your local health department officials. If that relationship does not exist, the WDE and WDH would encourage those relationships to be forged.