



Canal Town Nursery School

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www.CTNSchool.org

Parent Information about H1N1 and Influenza-like Illness (ILI) Questions & Answers

Q. What is Influenza and ILI?

A. Influenza is a highly contagious seasonal infection of the respiratory tract, caused by a virus and spread by droplets. Symptoms may include sore throat, cough, fever, muscle pains, runny nose and weakness. These symptoms together are called Influenza-Like Illness (ILI). The term "ILI" is used to describe both H1N1 and seasonal influenza.

Q. What are the symptoms of ILI?

A. Symptoms of ILI include:

- Fever
- Chills
- Cough
- Sore throat
- Fatigue
- Tiredness
- Runny nose
- Muscle/body aches
- Vomiting and / or diarrhea

Q. What are the key factors in identifying ILI?

A. The key factor that health professionals are using as an identifier of ILI is a fever of 100° or greater.

Q. What can parents do at home to help prevent the spread of the ILI illness?

A. Please help protect your child and reduce the spread of seasonal or H1N1 Influenza by taking the following precautions:

- Teach your child to wash hands frequently, especially after eating or going to the bathroom, with soap and water for 20 seconds (about as long as it takes to sing the "Happy Birthday" song twice).
- Educate your child about the proper use of hand sanitizer. Gels, rubs, and hand wipes all work well, as long as they contain at least 60% alcohol. Hand wipes must be disposed of properly. Always read and follow label instructions when using hand sanitizer.
- Teach your child to practice good respiratory etiquette: cover coughs and sneezes with tissues or cough into the inside of the elbow.
- Teach your child to dispose of used tissues properly and promptly after use.
- Teach your child to stay away from people who are sick.
- Remind your child to avoid sharing personal items such as pens / pencils, phones or food.
- Develop a "flu-planning checklist," including plans for childcare and stocking of medicines and supplies.

- Q. What should I do if my child has influenza-like illness symptoms?
- A. If your child has influenza-like symptoms,
1. Keep your child home from school.
 2. Notify the school at 597-4194. It is important that a parent be specific about their child's symptoms (i.e., headache, fever, vomiting) when calling the school to report their child absent due to illness. If your child is not truly sick, but will be absent for another reason, please indicate this. This will aide the school in reporting accurate data so that the health department can track illnesses.
 3. Do not take your child to public places while ill.
- Q. When can my child return to school?
- A. Keep your child home and away from other people until all symptoms are completely gone. Do not send your child to school if they have fever reducing medicines. Be sure your child is symptom-free without the help of medicine for a **full 24 hours before sending him / her back to school.**
- Q. If my child comes down with ILI symptoms while at school, what steps will be taken?
- A. If a child appears ill, a parent will be called to pick them up.
- Q. What is the school doing to contain the spread of the virus?
- A. The school is following guidelines set forth by the state and has purchased alcohol-based hand-sanitizer for each classroom. (If your child is allergic to these products, please notify the school immediately.) In addition the school regularly sanitizes tables, toys and other high contact surfaces. At this time there are not plans to mandate vaccines.

Keep in mind that practices are based on current Federal and State Health Department Guidelines.