



HEALTH UPDATE H1N1 Virus (Swine Flu)

Frequently Asked Questions

What is the Latrobe School District doing to monitor this public health concern?

Latrobe School District is following our normal procedure of verifying the reason for every student absence. We have added a specific set of questions to query for potential flu symptoms. We ask for your cooperation in answering these questions regarding your students' absences.

What are the symptoms of H1N1 virus?

- Fever of 100à or more
- Cough
- Sore Throat
- Body Aches
- In some cases, vomiting and diarrhea

A person does not need to have all of these symptoms to be considered at risk of H1N1 virus. Also remember these are symptoms for many other illnesses. The diagnosis of H1N1 virus is made by doing a nasopharyngeal culture which generally takes 24 hours for results.

How can I protect my family from possible exposure?

- Practice frequent hand washing and/or use a hand sanitizer (like the ones in our classrooms) and avoid touching your eyes, nose or mouth
- Cover your cough
- Keep kids home if they are ill

As far as disinfecting surfaces – the virus is viable for 20 minutes to 2 hours but is dead after that. There is not a need to “disinfect” a school or home. Hand washing is more important.

If I want further information where would I find it?

We have provided a “Health Update” on our website, www.latrobeschool.com. There are links to:

- Office of El Dorado County Public Health
- Center for Disease Control (CDC)
- Sites on how to prevent exposure to this and other viruses

How would families be notified if a student at Latrobe Schools has the H1N1 virus?

You would be contacted by phone.

What will happen if a Latrobe Schools student has the H1N1 virus?

We will follow directives of the El Dorado County Public Health Officer. Currently it is recommended that the school would be closed for 7 days. This would include the after school Extended Day program and Preschool.

What can families do to prepare?

Discuss with your family your specific plan for your children in the event the school closed. As always check the school website for updates and information.

Some general guidelines to follow:

- * Remain calm and informed
- * Wash your hands frequently (minimum of 20 seconds)
- * Cover your cough
- * Stay home if you are ill



Important Dates on reverse →

Important Dates

May 6 **OPEN HOUSE** - 6:00-7:00 at Latrobe Elementary; 6:30-7:30 at Miller's Hill

May 15 **TALENT SHOW** - 6:00-8:00 p.m.

****Remember to fill out the School Site Council Parent Survey online at www.latrobeschool.com for a free Latrobe School District water bottle!****
