

Recommendations for Teachers and School Personnel

How do I know if a child might have swine flu?

A person can spread the swine influenza before symptoms begin. A person may be able to infect another person one day before symptoms start and up to seven or more days after becoming sick. People with swine influenza virus infection should be considered contagious as long as they show symptoms. Children, especially younger children, may be contagious for longer periods.

Symptoms of swine influenza are similar to those of the common flu.

- Fever and chills
- Sore throat
- Cough
- Headache, body aches, and fatigue
- Diarrhea and vomiting can also be present

Watch for these **symptoms in children**:

- Fever with a rash
- Dehydration
- Fast breathing
- Bluish skin coloration
- Slow to wake or sluggish interaction
- Flu-like symptoms improve, but then return and cough worsens
- Severe irritability

If a child in your class shows these symptoms, remove them from the classroom and take them to the school nurse or school office. The school nurse should refer the child for medical treatment with their primary care provider, or emergency room.

How can I help prevent the spread of swine flu in the classroom?

To prevent exposure to the flu virus in the classroom, teach the same precautions as those to prevent the regular influenza (commonly known as seasonal influenza):

- Cover your mouth and nose with a tissue when you cough or sneeze and discard the tissue.
- Wash hands often with soap and water or use an alcohol-based hand sanitizer when hand washing is not possible.
- Avoid touching your eyes, nose or mouth, as germs can more easily gain entrance into your body through those areas.
- Remind parents that if children are sick, they should remain at home.

Other Resources

For more information, please visit: www.health.utah.gov/swineflu