

MONTEREY COUNTY



DEPARTMENT OF HEALTH LEN FOSTER, Director

ADMINISTRATION
ANIMAL SERVICES
BEHAVIORAL HEALTH

CLINIC SERVICES
COMMUNITY HEALTH
EMERGENCY MEDICAL SERVICES

ENVIRONMENTAL HEALTH
OFFICE OF THE HEALTH OFFICER
PUBLIC ADMINISTRATOR/PUBLIC GUARDIAN

To: Preschools, Elementary and Secondary Schools in Monterey County

From: Hugh F. Stallworth, MD, MPH, Monterey County Health Officer

Date: April 30, 2009

We are sending you this notice to help you prepare for the possibility that swine flu may appear in our community. Currently, cases of swine flu have been confirmed in ten states, including California. At this time there are no confirmed cases of swine flu in Monterey County, but we anticipate that cases may be identified in the near future.

The Monterey County Health Department is monitoring this situation closely and increasing surveillance to find cases locally. We want our schools to be prepared for the possibility of swine flu in staff and students, and to take precautions to limit the spread of disease to others.

We want to be very clear - swine flu has not caused a pandemic at this time. However, since small outbreaks are occurring around the country, we are asking Monterey County schools to do the following:

- Please educate your students and staff on everyday steps to reduce the spread of infection including
 - Covering your cough
 - Wash hands often and properly – for at least 20 seconds.
 - Avoiding close contact with sick people
 - **Staying home from school or work if sick**
- Please ensure that all school sites have soap and/or hand sanitizers for both student and staff use.
- Be prepared for the possibility of school closure on short notice, as well as cancellation of all school-related gatherings, by order of the Monterey County Health Department, should that become necessary in order to limit spread of disease in the community.

School Closures

If any school closure becomes necessary, the Monterey County Health Officer will communicate directly with school officials and will determine the necessary duration of school closure.

The Health Officer will strongly consider closure of a school when there are two unrelated probable or confirmed cases in the school. If there is one probable or confirmed case, the Health Department will follow up the case with a contact investigation.

Additional information about swine flu is available on the Monterey County website, at www.co.monterey.ca.us. We are encouraging people with questions about Swine Flu to call 211. If you have concerns specific to your schools please call me at 755-8942.

As always, thank you for partnering with us in keeping our students healthy and our community safe.

Influenza Self-Triage and Home Care Resources

The symptoms of influenza are:

- ✓ Fever- low (99°) to high (104°), usually for 3 days, but may persist for 4 to 8 days. Sometimes fever will go away and return a day later
- ✓ Aching muscles
- ✓ Cough
- ✓ Headache
- ✓ Joint aches
- ✓ Eye pain
- ✓ Feeling very cold or having shaking chills
- ✓ Feeling very tired
- ✓ Sore throat, runny or stuffy nose

Self-Triage and Home Care Algorithm for Persons with Influenza Symptoms

If you have some influenza symptoms:

Stay at Home

- Rest
- Drink fluids
- Take fever reducers (acetaminophen or ibuprofen)

But IF you

- Are unable to drink enough fluids (urine becomes dark; you may feel dizzy when standing)
- Have a fever for more than 3-5 days
- Feel better, then develop a fever again

Call your healthcare provider

Or IF you

- Become short of breath or develop wheezing
- Cough up blood
- Have pain in your chest with breathing
- Have heart disease (like angina, or congestive heart failure) and you develop chest pain
- Become unable to walk or sit up, or function normally (others might be the ones to notice this – especially in elderly persons)

GO RIGHT AWAY
for healthcare



Influenza Self-Triage and Home Care Resources

A person with influenza will often become ill very suddenly

Fever and the worst symptoms often last three days, but sometimes last as many as eight days. The person may feel weak, tired or less energetic than normal for weeks afterward, and have a long-lasting hacking cough.

Common symptoms:

- ✓ Fever- low (99°) to high (104°), usually for 3 days, but may persist for 4 to 8 days. Sometimes fever will go away and return a day later
- ✓ Extreme fatigue
- ✓ Muscle and body aches
- ✓ Feeling very cold or having shaking chills
- ✓ Joint aches
- ✓ Headache (may be severe)
- ✓ Eye pain
- ✓ Sore throat
- ✓ Runny or stuffy nose
- ✓ Dry cough initially, may become a deep, hacking, and painful cough over the course of several days
- ✓ No appetite for food or desire to drink fluids

Supplies to have on hand

- ✓ Thermometer
- ✓ Acetaminophen
- ✓ Cough suppressants/cough syrup
- ✓ Drinks – fruit juices, sports drinks
- ✓ Light foods – clear soups, crackers, applesauce
- ✓ Blankets; warm covers
- ✓ Procedure/Surgical masks

Caring for a person with influenza:

- ✓ Comfort measures
- ✓ Have the patient rest in bed
- ✓ Allow the sick person to judge the amount of bed covers needed; when fever is high, the person may feel very cold and want several blankets
- ✓ Give acetaminophen or ibuprofen according to the package label or a health care provider's direction to reduce fever, headache, and muscle and joint or eye pain
- ✓ Fluids-give frequently, extremely important to replace body fluids that are lost as a result of fever
- ✓ Feeding - Give light foods as the person wants: fluids are more important than food, especially in the first days when the fever may be highest
- ✓ Masks – The sick person should wear a protective mask when anyone is in the same room or car

When to seek additional medical advice:

- ✓ If the person is short of breath or breathing rapidly at rest
- ✓ If the person's skin is dusky or bluish in color
- ✓ If the person is disoriented ("out of it")
- ✓ If the person is so dizzy or weak that standing is difficult (in a person who was able to walk before the illness)
- ✓ If the person has not urinated in 12 or more hours

