

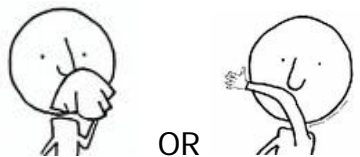
Novel Influenza A (H1N1) Recommendations for Foster Care*

PLEASE FOLLOW THESE RECOMMENDATIONS NOW

Get vaccinated against the flu: The best way to protect against the flu, both seasonal and H1N1, is to get vaccinated. A vaccine is available this year, as it is each year, to protect against seasonal flu. Vaccine to protect against the Novel Influenza A (H1N1) is expected to be available soon. Children and staff in foster care settings are recommended to receive the seasonal influenza vaccine. Children and staff should receive H1N1 Influenza vaccine when it becomes available.

Stay home when sick: Symptoms of the flu typically include fever (100 degrees Fahrenheit or above orally), cough, sore throat, runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea. Children and staff with a flu-like illness should stay home for 24 hours after they no longer have a fever (without having to use fever-reducing medicines). Note: Aspirin should NEVER be given to children under age 19. Cough and cold medicines should not be given to children under age 6 without physician guidance. Foster care licensing standards regarding medication must be followed.

Hand hygiene and respiratory etiquette: Iowa recommendations focus on the importance of the basic influenza prevention practices of staying home when sick; frequent hand washing with soap and water; and covering the nose and mouth with a tissue when coughing/sneezing or cough/sneeze into the shirt sleeve or elbow when no tissue is available.



Cleaning and Disinfecting: Foster care staff should conduct their routine cleaning. Clean with regular soap or detergent and water as the first step. Cleaning removes dirt and body fluids. An item must be clean before it can be disinfected. Read and follow ALL instructions on the cleaning product label and use all required personal protective equipment. Disinfecting items is the second step. Disinfecting items will kill the germs. Use regular household bleach and water solution to disinfect. Measure the amount of bleach and water using the information below.

To Disinfect Toys and Other Surfaces	
Water	Regular Bleach 5.25%
1 Gallon (16 cups)	1/4 Cup
1 Quart (4 cups)	1 Tablespoon

Bleach water solution mixed using the above ratio of bleach to water is adequate to kill the influenza virus.

Early Treatment of High-Risk Children and Staff: People at high-risk for influenza complications who become sick should contact their health care provider as soon as possible. Early treatment with antiviral medicine is important to prevent hospitalization and death. People at high-risk include those who are pregnant, have asthma or diabetes, have compromised immune systems, or have neuromuscular diseases (like cerebral palsy, muscular dystrophy, etc).

School and Child Care Closings: Iowa public health officials, education officials, and the Iowa Department of Human Service officials are working closely together to balance the risks of illness spread and to decide if schools or child care businesses should close due to severe illness. The length of time schools and businesses close will vary depending on the situation, the severity, and the extent of illness. Schools and businesses may be asked to close for five to seven calendar days and will be given advice on when to reopen. Foster care programs should consult with local public health officials regarding concerns or the need to restrict external activities, trips, visits outside of foster care, and visitors into foster care settings.

For more information on influenza visit the
Iowa Department of Public Health website at: www.idph.state.ia.us

For more information on posters and other materials on influenza visit the Centers for Disease Control and Prevention at www.cdc.gov/flu/freeresources/print.htm#parent

*Adapted from Centers for Disease Control and Prevention (CDC): Technical Report for State and Local Public Health Officials and School Administrators on CDC Guidance for School (K-12) Responses to Influenza during the 2009-2010 School Year. IDPH anticipates receiving additional guidance from CDC in coming weeks, these recommendations will likely be updated when the CDC information becomes available. Updates will be posted to the IDPH Web site at: <http://www.idph.state.ia.us/h1n1/default.asp>

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