



**Answers to Frequently Asked Questions
For Parents about Schools and Child Care Programs and the H1N1 Flu
From the New Hampshire Department of Education (NHDOE) and the New
Hampshire Department of Health and Human Services (NHDHHS)**

We are providing answers to frequently asked questions for parents about school and childcare and the current H1N1 influenza (Swine Flu). A public inquiry line is also available 8:00 AM-8:00PM for questions at **1-888-330-6764**.

What are the current recommendations for influenza like illness control measures for New Hampshire schools or child care programs?

- Schools or child care programs will not be routinely ordered closed by NHDHHS for cases of influenza H1N1.
- As is our usual practice with seasonal influenza, schools or childcare programs may be closed if larger numbers of students or faculty become ill and school functioning becomes disrupted.
- Our focus will be on keeping all students with symptoms of influenza out of school or childcare during their period of illness and recuperation, when they could infect others.
- Based on what we know about this flu right now NHDHHS believes these recommendations make sense and balance the need to protect children's health with the need for children to be educated and parents to go to work.

What are the symptoms of H1N1 influenza?

The symptoms of H1N1 influenza may include fever > 100 F and at least one of the following: nasal congestion, or cough, or sore throat.

When should I keep my child home from school or childcare?

- All students, with flu- like symptoms (fever and cough or sore throat) should stay home and not attend school. Students should stay home for 24 hours after major symptoms have resolved (fever, runny nose). Parents may or may not choose to have the child seen by a health care provider based on how severe the child's symptoms are, if they worsen or if they have any special medical conditions.
- All students, with probable or confirmed H1N1 influenza (according to their health care provider) should stay out of school for at least 7 days even if their symptoms resolve sooner. Students who are still sick at 7 days should continue to stay home from school until at least 24 hours after they have completely recovered.

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What are the H1N1 influenza infection prevention measures I can take to protect my children and family?

- Many good materials can be found at the CDC website www.cdc.gov/h1n1flu. We have also attached a good prevention handout.

How worried should I be about the H1N1 virus?

- To date, the cases of H1N1 influenza in the United States have been mild, with most patients recovering well and not experiencing symptoms any more severe than the regular flu.
- Health and public officials are monitoring this strain of influenza so closely because it is a new virus and we need to alert in case it becomes more severe.

What if my child goes to a residential school and they or other students are sick with influenza symptoms?

- Residential schools are being advised to voluntarily isolate students either at home, in the infirmary, or another setting separate from non-affected students.

These recommendations are subject to change as additional information about the H1N1 virus becomes available.