

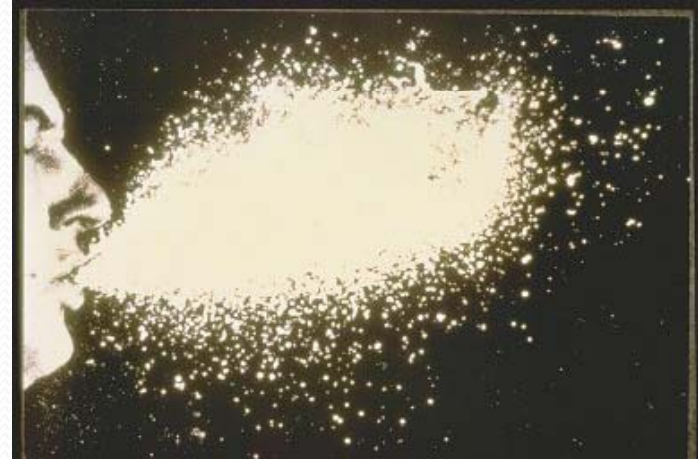


# The Flu

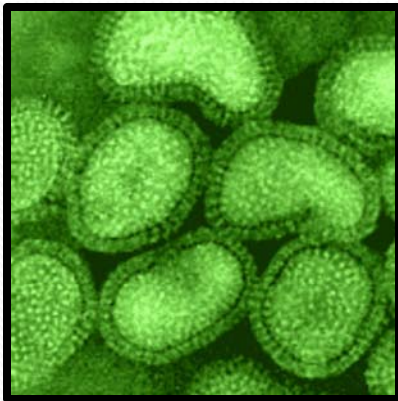
RISD Health Services

# What is Influenza?

- An airborne virus that is transmitted through respiratory secretions



## Types of Influenza



- Seasonal Flu
  - Can be different each year
- H5N1- Avian 'Bird' Flu
- Novel H1N1- "Swine" Flu

# Symptoms of the Flu



## Primary Symptoms

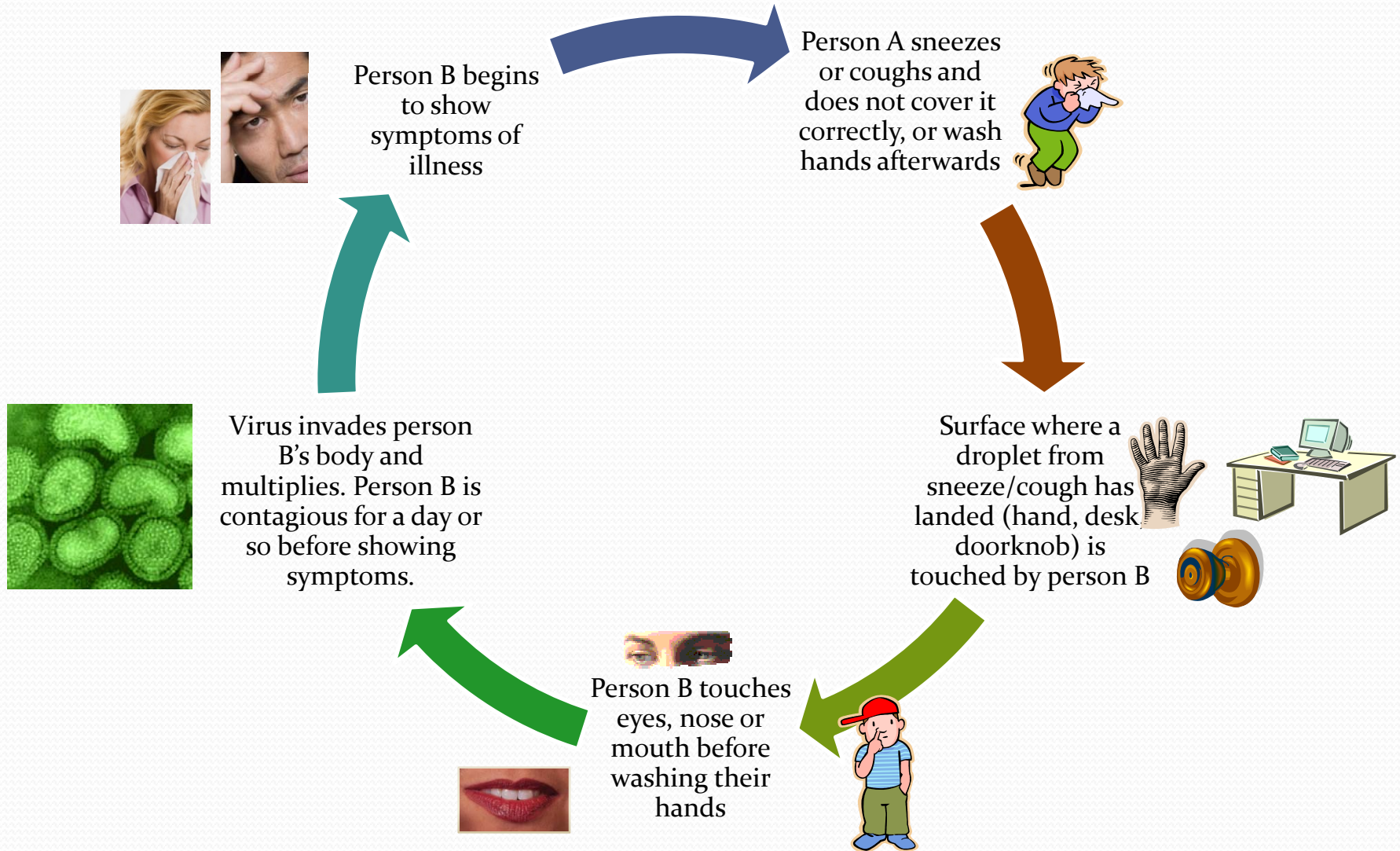
- **Fever (100.0°F +)**
- **Cough**
- **Sore throat**



## Other symptoms may include:

- Headache
- Body aches
- Chills
- Extreme fatigue
- Nausea/Vomiting/Diarrhea
- Runny/Stuffy nose

# How the virus spreads

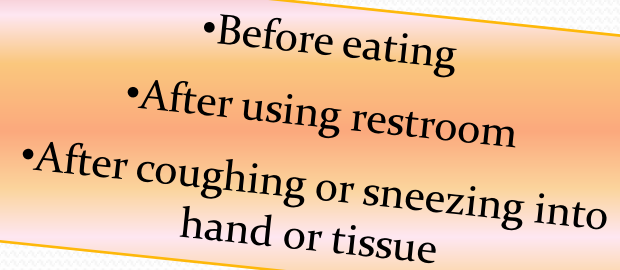


# Infection Control & Prevention

- **Get a flu shot or the flu mist!**

- **Hand washing**

1. Wet hands.
2. Apply soap and rub for 20 seconds.  
(Sing “Happy Birthday” twice)
3. Rinse.
4. Dry.
5. Use paper towel to turn off faucet and open restroom door.  
(Assume others haven’t washed as well as you did.)

- 
- Before eating
  - After using restroom
  - After coughing or sneezing into hand or tissue

- **When soap/water are not available, use a hand sanitizer.**

- Apply a dime sized amount to palm of hand, and rub over hands until absorbed.

# Infection Control cont'd

- **Cover Coughs and Sneezes Correctly**



- **In your sleeve!**

- Why is coughing/sneezing in your sleeve better than coughing/sneezing in your hand?

*You are less likely to spread your germs if they end up on your sleeve than you are if they end up on your hands.*

- If a tissue is needed, throw it away afterwards (*don't keep for later!*) then wash or sanitize hands as soon as possible.

- **Keep your hands away from your eyes, nose, & mouth**

- **Avoid close contact with people who are symptomatic**

- **Stay home when you are sick**

- Protects others from exposure to virus
- Slows the spread of illness

# What to do when you are ill with flu-like symptoms

- **Stay home**, avoid close contact with others who are not ill.
- **Call the school to report your illness & symptoms.**
- Get plenty of rest.
- Drink plenty of fluids.
- **Stay home** (avoid social gathering) **until 24 hrs after fever resolves** (without help of fever reducing medicine) or longer if instructed by your doctor.

## When you do return to school:

- Bring an absence/excuse note signed by a parent.
- **Practice good hand hygiene and cough etiquette.**  
*Even if you are feeling better, you can still spread the virus for up to a week after your symptoms began!*



# When to Contact a Doctor

- **Seek medical attention promptly** (*within 48 hours of symptom onset*) **if you have a underlying health condition that puts you at higher risk for increased severity of illness**
  - Pregnant women
  - Asthma
  - Diabetes
  - Immune system problems (such as leukemia, or lupus)
- **Seek medical attention if symptoms worsen:**
  - Fast breathing or trouble breathing
  - Bluish or gray skin color
  - Not drinking enough fluids
  - Not urinating or no tears when crying
  - Severe or persistent vomiting



Questions?