

Swine Influenza Alert



TO: Schools and Day Nurseries in Peterborough County and City

DATE: April 29, 2009

Human cases of swine influenza (H1N1) have been identified in Mexico and other parts of the world, including Canada. The World Health Organization has identified swine influenza as a public health emergency of international concern.

To reduce the potential spread of human cases of swine influenza, at schools and daycares, the Health Unit recommends the following control measures:

- Encourage staff, students and children to frequently wash hands with soap and water.
- Clean and sanitize commonly-used surfaces frequently. This includes desks, eating areas, computer keyboards and other areas with regular student contact.
- Encourage everyone to cover mouths and noses when sneezing. If you don't have a tissue, sneeze or cough into your sleeve or arm.
- Advise parents to keep children and youth who are unwell at home. All staff who are unwell should also stay home.
- Monitor and report increases in absenteeism to the Health Unit (>10% in elementary and >15% in secondary schools).



1. Cover your mouth and nose when you cough, sneeze or blow your nose.



2. Put used tissue in the garbage.



3. If you don't have a tissue, cough or sneeze into your sleeve, not in your hands.



4. Wash hands with soap and water or hand sanitizer (minimum 60% alcohol-based).

Swine flu is a variant of normal seasonal influenza. People infected with flu typically have fever (often high), cough, body aches, headaches, weakness/fatigue, chills, sore throat and runny or stuffy nose. Vomiting and diarrhea may also occur.

Parents and caregivers should also stay home if feeling ill and avoid contact with others. If experiencing flu-like symptoms, please call ahead to your health-care provider before visiting their office.

Influenza can be passed to others up to 24 hours before illness starts. It appears that swine flu can be spread for up to 7 days after illness starts. Children may spread the virus for longer periods. Initial investigation shows that the time from being exposed to the virus and showing symptoms is between two and seven days.

There is no evidence to show that swine influenza can be transmitted through food. Eating properly handled and cooked pork and pork products are safe. Cooking pork to an internal temperature of 71° C kills bacteria and viruses.

More detailed information is available at www.pcchu.ca.

For more information, please call the Public Health Agency of Canada at (800) 454-8302 or Public Health Inspectors: Simon Lee or Wanda Tonus or Registered Nurses: Sarah Burke or Deb Pick at (705)743-1000.

Images and information adapted from Toronto Public Health www.toronto.ca