Kentucky Wesleyan College
and this novel flu: H1N1

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Thanks for allowing public health to be here and taking this novel H1N1 event serious.

It is a time for CONCERN not panic!

The media is helping get the word out and helping to educate the public, but what is all this about?
So what is this novel H1N1?

- It is an Influenza A virus that has three components: bird, human, pig — hence the term swine flu.
So what is this novel H1N1?

- H1N1 can be spread by three methods:
  - Airborne
  - Droplet
  - Contact

Spit, Snot, Spew and Slobber!
Airborne Transmission

- Small particles that project when talking, coughing, sneezing and are then easily inhaled.
- Can stay afloat in air currents
Droplet Transmission

- Larger particles that drop quickly out of the air and land on surfaces.
- Can be projected into eyes, nose and mouth of others - basically in your face!
Contact Transmission

- Infectious particles come in direct contact with surfaces, items and hands.
- These infectious particles are then able to be moved from one surface or area to another...primary culprit in your hands.
Novel H1N1 Influenza

- Incubation period ranges from 1-4 days.
- You may be infectious 1 day prior to onset of any symptoms.
- Can survive on hands for 30 minutes.
- Can survive on surfaces 2-8 hours depending on environment – likes humidity!
What are the signs & symptoms of the flu?

- Fever
- Chills
- Sore throat
- Body aches
- Runny/stuffy nose
- Tiredness
- Headache

With H1N1 we are seeing more GI complaints: nausea & diarrhea
**Novel H1N1 Influenza - PREVENTION**

- Immunizations
  - Target groups
  - High risk groups
  - Vaccine allotment & cost are unknown to date
- Early identification of those infected
  - Monitor absence of students & staff
- Exclusion of ill persons
  - Stay at home if ill
  - Students returning home or separate those ill
  - Social distancing

*These are done to try and contain the illness and spread.*
Novel H1N1 Influenza - PREVENTION

- Hand Hygiene – hand washing is THE BEST preventative measure!

Germ Farm

It takes 15-20 seconds, using soap and water, with friction, and dry thoroughly!

If soap and water aren’t available, hand sanitizers with alcohol work well.

Remember hand sanitizers contain alcohol so they Flammable!

Scrub' em!
www.1st-in-handwashing.com
Environmental cleanliness is important

You do **NOT** need a sterile environment, but a **CLEAN** environment!

Use routine cleansing agents that have been approved by your agency or simple bleach (cheap, and used in many healthcare settings).

Remember that the virus can stay active for 2-8 hours.
It takes the help of students and school staff to keep a clean environment.
Cough Etiquette

- Use tissues only once!
- Cough into your elbow or sleeve.
- Empty trash more frequently.
- Have available, in public places, more tissues, trash receptacles, hand sanitizers, and keep restrooms stocked!
If the current H1N1 spread worsens…
- Exclusion periods will lengthen
- High Risk students and staff will stay home
- Active fever and health screening will occur
- Home quarantine of well siblings
- Increased social distancing in schools – arm length at minimum
- Dismissal or alternate education settings
- Closure of gathering points
What else can YOU do?

- Stay Healthy!
  - Get plenty of rest!
  - Eat from the five food groups.
  - Drink water!
  - Exercise 😊

- Stay Informed
  - www.healthdepartment.org
  - www.pandemicflu.gov
  - www.cdc.gov
Thank you!

For more information, please contact any of the health departments or the district offices.

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