



STATE OF HAWAII
DEPARTMENT OF HEALTH
P.O. Box 3378
Honolulu, Hawaii 96801-3378
July 31, 2009

Dear School and Childcare Principals and Administrators:

With students returning to school, the Hawai'i Department of Health (DOH) recommends the following to reduce the spread of influenza, whether seasonal or the novel H1N1, in schools:

- Encourage students, faculty, and staff to **practice hand hygiene and respiratory etiquette measures** to reduce the spread of influenza, including:
 - Covering their nose and mouth with a tissue when coughing or sneezing (or coughing or sneezing into their sleeve if a tissue isn't available)
 - Frequent hand washing or using hand sanitizer if hand washing is not possible
 - Avoiding touching their eyes, nose, or mouth.
- Remind students, faculty, and staff to **stay home when ill**
 - Students, faculty, and staff with influenza-like illness (ILI; fever with a cough or sore throat) should remain home and not attend school or go into the community (except to seek medical care) until at least 24 hours after being fever-free without the use of fever-reducing medications.
 - Upon returning to school or work, persons who were previously ill should continue to follow good hand hygiene and respiratory etiquette
- Students, faculty, and staff who **appear to have ILI at arrival or become ill** during the school day should be **isolated promptly in a room separate from other students and sent home** as soon as possible.

Pregnancy and other medical conditions such as asthma, diabetes, heart disease, and immunosuppression appear to be associated with increased risk of complications from novel H1N1 virus infection. Regardless of medical history, persons exhibiting the following emergency warning signs should receive urgent medical care. If uncertain, always consult a medical provider.

Emergency Warning Signs in Children	Emergency Warning Signs in Adults
<ul style="list-style-type: none">• Fast breathing or trouble breathing• Bluish or gray skin color• Not drinking enough fluids• Severe or persistent vomiting• Not waking up or not interacting• Being so irritable that the child does not want to be held• Flu-like symptoms improve but then return with fever and worse cough	<ul style="list-style-type: none">• Difficulty breathing or shortness of breath• Pain or pressure in the chest or abdomen• Sudden dizziness• Confusion• Severe or persistent vomiting• Flu-like symptoms improve but then return with fever and worse cough

Please notify DOH at the appropriate number below of unusually high absenteeism due to ILI (10% or more of the school population and/or 20% or more in an individual classroom). DOH will work closely with school officials regarding the necessity of measures such as school and child care program closures. However, should a school or program decide to close without a specific DOH recommendation, DOH requests that the school or program notify us of that intent.

- O‘ahu (Disease Investigation Branch) (808) 586-4586
- Maui District Health Office (808) 984-8213
- Kaua‘i District Health Office..... (808) 241-3563
- Big Island District Health Office (Hilo) (808) 933-0912
- Big Island District Health Office (Kona)..... (808) 322-4877

- After hours on O‘ahu (808) 566-5049
- After hours on neighbor islands..... 1(800) 360-2575 (toll free)

For more information, please refer to the Centers for Disease Control and Prevention (CDC) novel H1N1 website at: <http://www.cdc.gov/h1n1flu/>. General questions may also be directed to the DOH Swine Flu hotline at 2-1-1. We appreciate your continued assistance in ensuring the health of the children, educational staff, and communities of Hawai‘i.

Sincerely,



Sarah Y. Park, M.D., F.A.A.P
State Epidemiologist
Hawai‘i Department of Health