



H1N1 Update

From the Offices of Health Services & Public Relations

November 2, 2009

Differences between H1N1 and regular seasonal flu: Seasonal flu viruses change from year to year. People who have had the flu in the past may have some immunity to seasonal flu viruses because their bodies have some ability to resist the viruses. The 2009 H1N1 virus is a new strain and is very different from seasonal flu viruses. This is one reason why children are particularly susceptible to the H1N1 virus. To learn more about the H1N1 vaccine and the differences between the flu shot and nasal spray vaccine, visit our web site at www.sucsd.edu

Nationwide spike in child H1N1 cases: MSNBC's "Today Show" health correspondent, Dr. Nancy Snyderman, reported on Monday that last week was the highest jump in the number of reported child deaths in the U.S. due to H1N1 since April when the virus appeared. Nineteen children died of H1N1 nationwide last week, and thus far 114 children have died after becoming ill with H1N1. To watch the "Today Show" report go to: <http://today.msnbc.msn.com/id/26184891/vp/33583247#335832>

Reminders: Please continue to remind students and staff to wash their hands and to avoid sneezing or coughing into their hands or the air. It is also essential to send students and staff home if they are ill. If children cannot go home immediately, please remember to keep them away from other students and staff until they can go home. Principals may also wish to consider "social distancing" plans. Social distancing refers to non-medical measures intended to reduce the spread of the disease by avoiding close contact. Social distancing strategies may include: holding classes outside when possible, moving desks farther apart, dividing classes into smaller groups, reducing or canceling the number of public events where large numbers of people may congregate such as assemblies, field trips or sporting events.

New Sacramento area H1N1 Clinics announced: Additional H1N1 clinics in the Sacramento City Unified attendance area are listed below along with the November schedule. A complete list of Sacramento County clinic dates are available on our web site (www.scusd.edu) by clicking on "H1N1 Swine Flu Information." The clinics are sponsored by the Sacramento County Health Department, and appointments are not required. Each participant will need to complete the consent and vaccine information screening form. Participants should not take the vaccine if they are allergic to eggs or Thimerosal which is a preservative. They should be in general good health and not be ill or suffering from a fever. For more information, please call the district Health Services Department at (916) 643-9412.

Monday, Nov. 16:
3:30 p.m. to 7:30 p.m.

Hiram Johnson High School
6879 14th Ave.

Wednesday, Nov. 18:
10 a.m. to 2 p.m.

Sacramento County Administration Center
700 H Street

Friday, Nov. 20
10 a.m. to 2 p.m.

Samuel Pannell Community Center
2450 Meadowview Rd.

Monday, Nov. 23
3 p.m. to 7 p.m.

First Covenant Church
10933 Progress Court, Rancho Cordova

Tuesday, Nov. 30
3 p.m. to 7 p.m.

Scottish Rite Masonic Center
6151 H Street

H1N1 Confirmed Case Totals: Weekly total as of Friday, Oct. 30: 70 students (84 fewer students than last week!); 6 staff; Total for School Year to Date as of Friday, Oct. 30: 558 students; 43 staff.