

You are likely aware that the H1N1 Novel Influenza (formerly known as “swine flu”) is widespread across Minnesota. The North St. Paul-Maplewood-Oakdale School District continues to coordinate its efforts to monitor students sent home from school and those absent from school with Influenza-Like Illness (ILI): a fever of 100 degrees Fahrenheit or greater, with cough and/or a sore throat. You should check your child for these symptoms each morning before sending them to school.

Each family should have a plan in place in the event that their child becomes ill with influenza-like illness.

See the table below for the most recent MDH guidelines for how long to keep your child at home.

Grade level or school program	How long does the sick student (and staff member) need to stay home?	What is this based on?
Kindergarten to 12th grade Before and After School Programs (Adventure Connection)	For at least 24 hours after there is no longer a fever or signs of a fever without the use of fever-reducing medicine (like Tylenol or Motrin). This is generally 5-7 days.	Students this age may still be shedding some virus when they return to school, but should be able to cover their cough/sneeze and demonstrate good hand washing.
Programs for children under age 5: <ul style="list-style-type: none"> • Early childhood special education • Preschool programs • ECFE • Childcare for teen parenting program 	For 7 days after influenza symptoms first appear or 24 hours after a child's symptoms go away, <u>whichever is longer.</u>	Children under 5 years old are at increased risk of influenza-related complications. Children shed the virus for 7 to 10 days after their symptoms begin. Staying home longer will help to decrease the spread of germs to other students. Difficult for young students to wash their hands and cover their cough.
Medically Fragile students* defined as a student that requires intensive medical assistance such as oxygen, suctioning, feeding tube, or is on a ventilator.	For 7 days after influenza symptoms first appear or 24 hours after a child's symptoms go away, <u>whichever is longer.</u>	Existing health problems put students at high risk for complications if they become ill with influenza Students may be unable to do a good job of washing their hands and covering their cough on their own.
Programs for Pregnant/Parenting Teens (Family Learning Center)	For 7 days after influenza symptoms first appear or 24 hours after a child's symptoms go away, <u>whichever is longer.</u>	Pregnant women are at high risk for health problems from influenza.

Contact the Health Office at your student’s school if you have any questions. The District 622 Web page contains more information and links to MDH and additional influenza resources: www.isd622.org/flu