



GOOSE CREEK

CONSOLIDATED INDEPENDENT SCHOOL DISTRICT

Goose Creek CISD Addresses H1N1 Flu

Flu – especially flu caused by the H1N1 virus – easily spreads from person to person. Therefore, we are taking steps to reduce the spread of flu in Goose Creek CISD. Unlike last year, Centers for Disease Control and Prevention (CDC) and state health officials are recommending that schools not immediately close as cases of H1N1 emerge. Their guidance is based upon the latest research about H1N1 and its severity, as well as the need to balance risks of illness with the benefits of keeping students in school. Officials advise that, rather than immediately close schools, precautions be taken to limit the spread of illness.

In Goose Creek CISD, some of the precautions include:

Hand washing – Teachers are encouraged to provide hand washing opportunities for students. Hand sanitizer is being made available on campuses in various forms.

Coughing and sneezing etiquette – Students and staff are being taught the proper procedure. Your child may notice posters on campus.

Fever – Students with a fever of 100 degrees or more will be sent home.

Vaccines – Flu vaccines are encouraged for students and staff.

Surveillance – Parents are asked to notify the school when a student is ill and to indicate the child's symptoms.

What parents can do:

Teach your children to wash their hands often with soap and water or an alcohol-based hand rub. You set a good example by doing this yourself.

Teach your children not to share personal items like drinks, food or washed utensils, and to cover their coughs and sneezes with tissues. Use the crook of the elbow, arm or sleeve, instead of the hand, to cover a cough or sneeze when a tissue is unavailable.

Know the signs and symptoms of the flu. Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.

Keep sick children at home for at least 24 hours after they are fever free. This should be determined without the use of fever-reducing medications, such as ibuprofen and acetaminophen. Do not use aspirin with children or teenagers as it can cause Reye's Syndrome, a potentially life-threatening illness.

Do not send children to school if they are sick. Any children who are determined to be sick while at school will be sent home.

Dial 2-1-1 for Flu Advice

Texans can now dial 2-1-1 to receive over-the-phone medical guidance about what they should do if they or a family member have flu symptoms.

The state's 2-1-1 health information helpline is now staffed with medical professionals who can provide information about managing flu symptoms and advice on when to seek medical care from a physician or emergency room.

"We want to help people make informed decisions about how to care for themselves and their families," said Dr. David Lakey, commissioner of the Texas Department of State Health Services. "Most H1N1 and seasonal flu cases can be successfully treated at home, without having to go to the doctor or without an unnecessary trip to the emergency room."

The guidance is not intended to replace specific instructions people receive from their physicians, Lakey said.

The 2-1-1 staff also can provide general flu information and vaccine availability information for individuals and health care providers. Calls are answered round-the-clock. Callers are instructed to choose a language and then press "6" for flu information and guidance.

Basic flu symptoms include fever, cough and sore throat that usually come on suddenly. Most cases are relatively mild to moderate and do not need emergency treatment. Most people who have H1N1 flu or seasonal flu just need appropriate fluid intake, fever-reducing medication, rest and careful monitoring, Lakey said. Recovering at home also lessens the burden on the health care system.

People with underlying health conditions who think they have the flu should contact their health care provider.

The flu information and guidance service is provided through a DSHS contract with the 2-1-1 Texas Information and Referral Network operated by the Texas Health and Human Services Commission.

For more information about flu in Texas, visit DSHS' www.TexasFlu.org

Links for up-to-date information:

- [Amount of time to be away from others if you are sick](#)
- [Federal website](#)
- [HCPHES website](#)
- [Individuals & Family Flu Planning](#)
- [State website](#)
- [Centers for Disease Control and Prevention](#)
- [2009 H1N1 Flu: Situation Update from the CDC](#)
- [Good Hand-Washing Hygiene: Video](#)

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Physical Address:
Goose Creek Consolidated
Independent School District
4544 Interstate 10 East
Baytown, Texas 77521
281.420.4800

Mailing Address:
Goose Creek Consolidated
Independent School District
P.O. Box 30
Baytown, Texas 77522
281.420.4800

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