



Mont'Kiara International School's Protocols

H1N1 Influenza Information

(From the Centers for Disease Control and Prevention)

! About H1N1

What are the signs and symptoms if H1N1 flu?

The symptoms of H1N1 flu are similar to the symptoms of seasonal flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. A significant number of people who have been infected with this virus have reported diarrhea and vomiting.

What is the difference between a cold and the flu?

The flu and the common cold are both respiratory illnesses but they are caused by different viruses. Because these two types of illness have similar symptoms, it can be difficult to tell the differences between them are based on symptoms alone. In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense. Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations.

Flu vs. Colds: A Guide to Symptoms

Question	Flu	Cold
Was the onset of illness...	Sudden?	Slow?
Do you have...	High fever?	No (or mild) fever?
Is your exhaustion level...	Severe?	Mild?
Is your head...	Achy?	Headache-free?
Is your appetite...	Decreased?	Normal?
Are your muscles...	Achy?	Fine?
Do you have...	Chills?	No chills?

How does the H1N1 virus spread?

Spread of this virus is thought to be happening in the same way that the seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. You cannot get the H1N1 virus from eating pork or pork products.

! Prevention & Treatment

There is no vaccine available right now to protect against the H1N1 virus. However, there are everyday actions that help prevent the spread of germs that cause respiratory illnesses like influenza.

Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. (Use your sleeve or the crook of your arm if you don't have a tissue). Put your used tissue in the waste basket.
- Wash your hands often with soap and water, especially after coughing and sneezing. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Stay home if you are sick for 7 days after your symptoms begin or until after you have been symptom-free for 24 hours. This is to keep from infecting others and spreading the virus further.
- Follow public health advice regarding school closures, avoiding crowds, and other social distancing measures.
- Be prepared in case you get sick and need to stay home for a week or so; a supply of medicines, alcohol-based hand rubs, tissues and other related items that might be useful and help avoid the need to make trips out in public while you are sick and contagious.

What should I do if I get sick?

If you live in an area where people have been identified with H1N1 flu and become ill with influenza-like symptoms, including fever, body aches, runny or stuffy nose, sore throat, nausea, or vomiting or diarrhea, you should stay home and avoid contact with other people, except to seek medical care.

If you have severe illness or are at risk for flu complications, contact your health care provider or seek medical care.

If you become ill and experience any of the following warning signs, seek emergency medical care.

In children, warning signs that need urgent medical attention include:

- 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

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness or confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

Are there medications to treat infection with the H1N1 virus?

Yes, CDC recommends the use of antiviral drugs. These are prescription medications that fight against the flu by keeping the viruses from reproducing your body. If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. The priority use for influenza antiviral drugs is to treat severe illnesses.

Contamination and Cleaning

How long can the H1N1 virus live on objects (such as books, doorknobs, etc) and what kills the virus?

The virus can survive on environmental surfaces and can infect a person for up to 2 – 8 hours after being deposited on the surface.

The virus is destroyed by heat (75 – 100°C or 167-212°F). In addition, several chemical germicides, including chlorine, hydrogen peroxide, detergents (soap), alcohol, and iodine based antiseptics are effective against the influenza viruses if used in proper concentration for a sufficient length of time. Follow the directions on the product label. A solution of 20 ml bleach in 1000 ml water is an inexpensive yet effective disinfectant.

What surfaces are most likely to be the sources of contamination?

Germs can be spread when a person touches something that is contaminated with germs and then touches his/her eyes, nose, or mouth. Droplets from a cough or sneeze of an infected person move through the air. Germs can also be spread when a person touches respiratory droplets from another person on a surface like a desk, and then touches their own eyes, mouth, or nose before washing their hands.

How should household cleaning be handled if a person at home has H1N1 flu?

To prevent the spread of the influenza virus it is important to keep surfaces (especially bedside tables, surfaces in the bathroom, kitchen counters, and toys for children) clean by wiping them down with a household disinfectant according to the directions on the product label. Linens, eating utensils, and dishes belonging to those who are sick do not need to be cleaned separately or differently, but importantly these items should not be shared without washing thoroughly first.

What has M'KIS done so far to deal with H1N1 flu?

- Reviewed the M'KIS and Office of Overseas Schools flu protocols
- Modified the M'KIS Influenza Rapid Response Initiative and placed it on the Faculty Server
- Clarified cleaning expectations with M'KIS contractor
- Requested teachers to review hand washing/hygiene practices with students
- Reviewed M'KIS policy on field trips

What is M'KIS doing now?

- Instituting heightened cleaning protocols
- Mandating all teachers to review hand washing/hygiene practices with students
- The administrative team and the health officers are continually monitoring the situation regarding the number of confirmed cases of H1N1 flu in Malaysia and throughout the world.
- Providing up to date H1N1 information for the M'KIS Community on the school website
- Contingency plans are in place regarding field trip, campus movement, and ASA's when or if the risk of infection to the M'KIS Community increase.
- Requesting that all parents/teachers/staff self monitor themselves and family member for flu symptoms.
- Requesting students/staff refrain from coming to school if temperature is above 38°C (100.4°F) or if flu symptoms are present
- Requesting all students/staff report to Health Office if feeling feverish or unwell