

September 30, 2009

# H1N1 Influenza A Update

New York Statewide School Health Services Center

## From the NYS Department of Health

- Vaccine will be available soon and we will provide guidance as soon as it is available.
- Please remember that the NYS Department of Health is tracking school absenteeism data through a voluntary reporting system found on the Health Provider Network (HPN). While this reporting is not mandatory, we encourage you to participate in this reporting. Our schools are valuable sources of data, especially in this pandemic flu outbreak, and as more schools choose to report their absentee data, the clearer picture we'll have of the situation in New York State.



## New from the Centers for Disease Control

While H1N1 Influenza A remains localized in New York State, there appears to be an increase in the incidence of ILI in many areas of the country.

An excellent new resource is available from the CDC titled "What To Do if You Get Sick". It is available on our H1N1 Flu webpage at <http://schoolhealthservices.org/h1n1.cfm?subpage=109>. It includes sections on:

- How do I know if I have the flu?
- What should I do if I get sick?
- What are emergency warning signs?
- Do I need to go to the emergency room if I am only a little sick?
- Are there medicines to treat 2009 H1N1?
- How long should I stay home if I'm sick?
- What should I do while I'm sick?

