

Statement from Shari T Shapleigh, FNP regarding swine flu (H1N1), July 7, 2009

The New York State Department of Health has revised the interim guidelines regarding self isolation of persons with flu-like symptoms. The new guidelines, based on current data for New York State, are as follows:

“A person with influenza-like illness (ILI) should be excluded from school, work, and related activities and should not go into the community, except to seek medical care, until they are symptom-free (no fever without fever control medications and feels well) for at least 24 hours.”

The seven day self -isolation recommendation continues to apply to those individuals that work in high risk areas such as childcare or patient care or work with high risk individuals such as persons with diabetes, lung disease or immunosuppression.

Please be aware that any new guidelines issued by the Center for Disease Control (CDC) will supersede this interim guidance by New York State.

Symptoms of flu-like illness include a fever of 100°F with cough or sore throat. Other symptoms may include tiredness, runny nose, nasal congestion, headache, vomiting and diarrhea. **A residual cough should not be considered a reason to remain self - isolated if fever-free.**

Prevention practices should still be used:

- good hand hygiene
- cough/sneeze hygiene
- avoid touching your face with your hands

For further information, please visit the links provided on the TC3 website: www.tc3.edu

In good health,
~Shari

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