



What's in a Name? Swine Flu vs. H1N1

H1N1 flu virus was originally called "swine flu" because laboratory testing showed that many of the genes in it were very similar to influenza viruses found in pigs. However, further study has shown that this new virus is actually a combination of swine, bird (avian) and human flu viruses. In June 2009, the World Health Organization declared H1N1 was a pandemic. Three criteria for a pandemic include: 1) caused by a *new* virus strain; 2) spreads easily from person to person; and 3) becomes global.

Prevention is Key to Healthy Teachers and Students

- **Teach students how to cover their cough and reward them when they do.** Show them how to sneeze or cough into their elbow. Keep tissue in the classroom and make sure they throw it away after use. Consider giving them a small, healthy reward for proper technique!
- **Remind students to wash their hands** by providing time and supplies for them to do it often. Alcohol-based hand cleaners with at least 60% alcohol are an effective backup when soap and water are not available. Check with your school policy or with your school nurse about what is allowed for hand sanitizer use.
- **Keep an eye out for sick students** and send them to the school health office for further evaluation. Flu symptoms to watch for are signs of a fever, coughing, muscle aches, severe headache and, in some cases, vomiting and diarrhea.
- **Clean surfaces and items** that are more likely to have frequent hand contact (desks, door knobs, keyboards, pens, etc.).
- **Teachers and students should stay home when sick.** Stay home until at least 24 hours after you no longer have a fever or signs of a fever without the use of fever-reducing medication.
- **Teach students not to share personal items** like drinks, food, or eating utensils.

Teaching Handwashing to Children

Handwashing is the best defense against many kinds of bacteria and viruses that cause infection. In schools, many things are shared, desks, books, pencils, and doorknobs, so handwashing is especially important. Without proper handwashing, a single infection can quickly spread among students, teachers, family, and friends.

Handwashing and basic hygiene habits need to be reinforced for children to wash their hands as often and thoroughly as possible. Promote handwashing and make it convenient at these key times to help keep students and staff flu-free:

- Upon arrival to school
- Before lunch (or snack)
- After lunch
- After using the restroom
- Before leaving school for home

Columbus/Franklin County Information Sources for Pandemic H1N1

www.columbuspandemicflu.org

Sign up for E-health Alerts - www.publichealthcolumbus.gov

Central Ohio Community Flu Hotline 211 (221-2255)

www.flu.gov - school planning





News You Can Use

Fuel up to Play 360- Free School Wellness Activation Toolkits Available

The National Dairy Council and the NFL have created a new student-led *Fuel Up to Play 60* toolkit. The toolkit helps inspire kids to "get up and play" for 60 minutes a day and to "fuel up" with low-fat and fat-free dairy foods, fruits, vegetables and whole grains. Schools can receive A FREE *Fuel Up to Play 60* Wellness Kit with posters, banner, display "cubes," creative ways to increase healthy eating and physical activity, and a chance to participate in a national competition where students can win prizes for themselves, and for their schools. To order your free kit, visit <http://www.fueluptoplay60.com>.

Tips to Encourage Students to Walk or Bike to School

School policies that encourage and support bicycling and walking can create a safer environment for students to walk and bike to school. The tip sheet provides simple steps explaining how to approach and overturn barrier policies that prohibit walking and/or bicycling to school, and encouraging supportive policies, which support and enable bicycling and walking to school programs. Visit www.saferoutesinfo.org/resources/program-development_tip-sheets.cfm to download a copy of the tip sheet and learn more about Safe Routes to School.

DAIRY MAX: SCHOOL WELLNESS THROUGH EXPANDING BREAKFAST GRANT PROGRAM

Dairy MAX grants are available to schools participating in the National School Breakfast Program. The goal of the grants are to help schools increase average daily breakfast participation by 50 percent or more by creating a Breakfast in the Classroom program, Grab 'n Go Breakfast (served outside the cafeteria), or Breakfast after 1st Period program. Schools will be awarded a maximum of \$1000 per campus. Please visit http://www.dairymax.org/expanding_grants.aspx to download an application form. *Grant applications will be accepted through December 1, 2009, however funds are limited, so apply now!*

Pumpkin Bread

Heart Healthy Recipe of the Month

Source: <http://www.allrecipes.com>

Number of Servings: 12 slices

Serving Size: 1 slice

Ingredients:

1 1/1 1/2 cups all-purpose flour
 1 1/4 teaspoons baking soda
 1 teaspoon salt
 1 teaspoon ground cinnamon
 1/2 teaspoon ground nutmeg
 1 cup solid pack pumpkin puree
 1 cup packed brown sugar
 1/2 cup buttermilk
 1 egg
 2 tablespoons butter, softened

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Sift the flour, baking soda, salt, cinnamon and nutmeg into a large bowl. Mix in the pumpkin, brown sugar, buttermilk, egg and butter until well blended. Pour into a 9x5 inch loaf pan and smooth the top.
3. Bake for 1 hour in the preheated oven, or until a toothpick inserted into the center comes out clean.

Nutrition Content:

Calories: 162
 Total fat: 2.7g
 Cholesterol: 23mg
 Sodium: 410 mg
 Total fiber: 1.1g
 Protein: 2.8g
 Carbohydrates: 32.3g



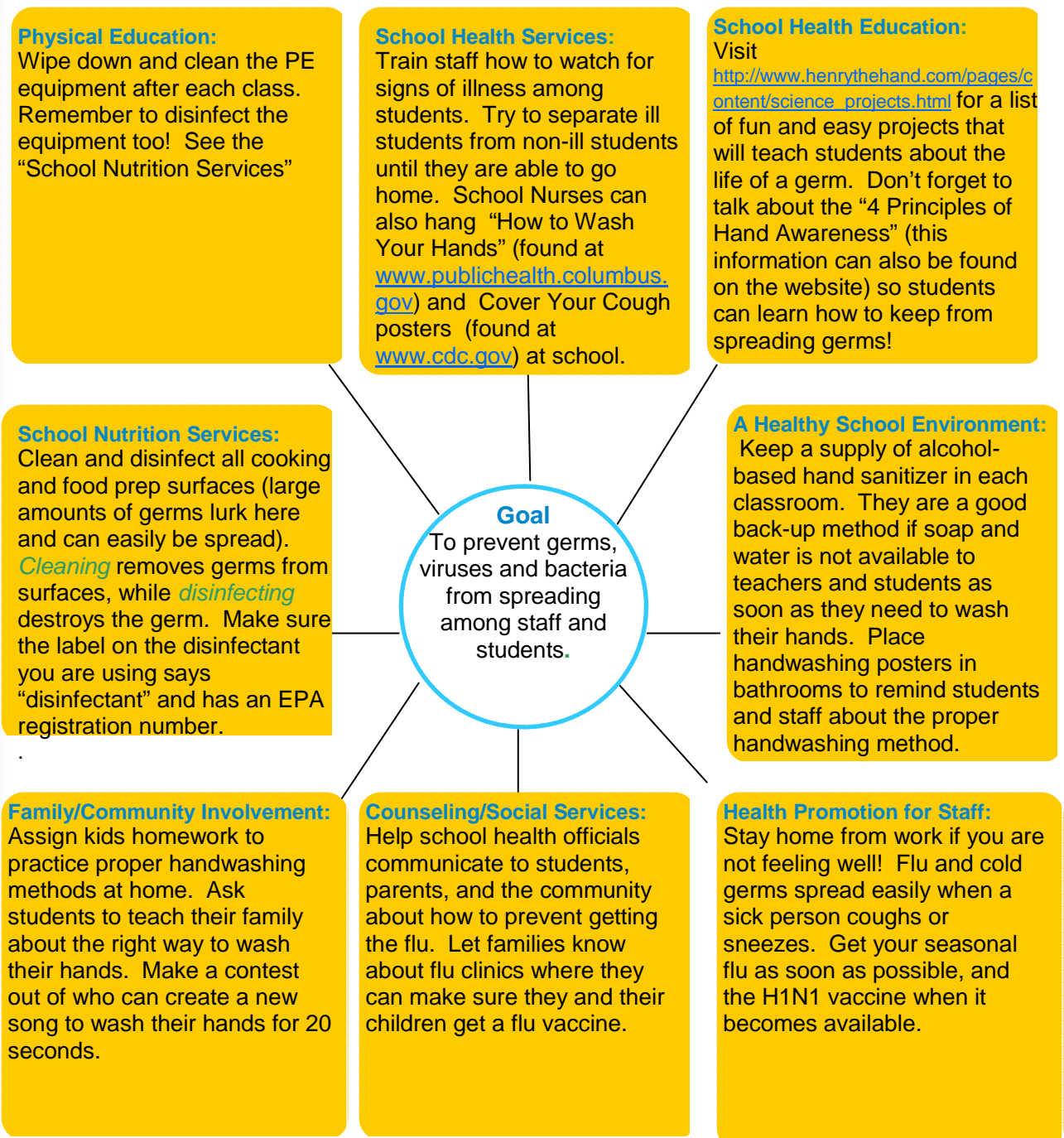
Buckeye Best Tips

In every issue, Buckeye Best Tips addresses a question from Centers for Disease Control and Prevention's School Health Index (which can be found at <http://www.cdc.gov/healthyyouth/SHI/brochure.htm>) and suggests what schools can do to focus on that issue using the Coordinated School Health Approach.

This month's Health and Nutrition Flash recommends using the coordinated school health approach involve teachers, school nurses, administrators, parents and students how to fight germs, one handwash at a time.

It Takes a Coordinated Approach

Addressing School Health Goals Using the Coordinated School Health Model





Staff Wellness

Stay Healthy this Flu Season

Wash your hands.

Handwashing is your best defense against getting and spreading flu. For proper, protective handwashing, wash with warm water for 20 seconds. Wash often, especially after coughing and sneezing and before preparing or serving food or drinks. Alcohol-based hand cleaners are an effective backup (with at least 60% alcohol) when soap and water are not available. Teach children to wash their hands and model it for them. Resources on teaching your students and children to wash their hands properly can be found at www.publichealth.columbus.gov.

Cover your cough.

Use the sleeve of your clothes, elbow or shoulder to cover your cough or sneeze. You may also cover your nose and mouth with a tissue, then throw it away. Teach children to do the same.

Stay home from school or work if you are sick.

- Anyone who is sick, especially those who may be experiencing a fever of more than 100°F, coughing, muscle aches, severe headache and, in some cases, vomiting and diarrhea, please stay home from school or work and contact a health-care provider.
- People with influenza-like illness should stay home until at least 24 hours after they are free of fever (100° F [37.8°C]) without the use of fever-reducing medications.
- Have a backup plan for your own childcare in case you are ill. It is best to have two people to count on as backups and the school should have multiple emergency contact numbers.

Get vaccinated.

Get the H1N1 Vaccine When Available

No shortage of H1N1 vaccine is expected, but the vaccine supply will be limited at first. That is why it is being given first to people who are at highest risk for severe illness. Among these priority groups are:

- Pregnant women
- Care givers and people who live with infants under 6 months of age
- Healthcare and EMS personnel
- All persons 6 months – 24 years of age
- All people 25-64 with health conditions that put them at risk of influenza complications such as asthma, cancer, diabetes, HIV/AIDS, heart and kidney disease

The process for making the H1N1 vaccine is the same as for seasonal flu vaccines, and has a strong record of safety. Talk to your healthcare provider for more information about the H1N1 vaccine.

Get Your Seasonal Flu Shot - This vaccine is not replacing the seasonal flu vaccine – it is intended to be used with seasonal flu vaccine to protect people. So getting your seasonal flu shot is still important for everyone.



Funded by the Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention (CDC) and administered by the Ohio Department of Health, Bureau of Health Promotion and Risk Reduction, Cardiovascular Health Program. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.