



Nebraska School Activities Association

H1N1 Recommendations

December 2, 2009

Pandemic H1N1 Influenza has become a public health issue throughout the state. This disease is affecting almost every school in the area. Symptoms include (but are not limited to) fever, malaise, fatigue, body aches, cough, and red eyes. The disease is quite contagious and is easily spread in the school setting by contact with respiratory droplets. For the health & safety of individual student athletes and to help control the spread of this disease the following recommendations are made:

1. Student athletes exhibiting the above symptoms should remain home until they are fever free (temperature below 100 degrees) for more than 24 hours without taking fever reducing medications such as acetaminophen or ibuprofen AND are feeling better.
2. No athlete should exercise (conditioning, practice, or game) if their temperature is 100 or greater.
3. Recovery from influenza may take 1-3 weeks.
4. School staff should routinely clean areas that students and staff touch often with the cleaners they typically use.
5. Any decision to cancel or reschedule an event should be made on an individual basis.

Current information regarding this virus can be found at www.cdc.gov or <http://www.hhs.state.ne.us/>