

Influenza Disease

What is influenza disease?

- Influenza (flu) is a contagious respiratory illness caused by a virus.
- The virus infects the nose, throat, and lungs.
- It can cause mild to severe illness, hospitalization, and even death.

What are the symptoms?

- Anyone can get flu and it strikes suddenly and can last several days.
- Symptoms of flu disease may include:
 - Fever or feeling feverish/chills
 - Cough
 - Sore throat
 - Runny or stuffy nose
 - Muscle or body aches
 - Headaches
 - Fatigue (very tired)
 - Vomiting and diarrhea

How does influenza disease spread?

- Flu is spread by:
 - An infected person's droplets from cough, sneeze or talk enter the mouth, eye or nose.
 - Touching a surface or object with flu virus on it and then touching mouth, eyes or nose.
- An infected person can infect others 1 day before symptoms start and up to 5 to 7 days after symptoms start.
- Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.

How do I prevent the flu?

- Get a yearly flu vaccine.
- Wash your hands properly and often.
- Cover your cough and sneeze with arm.
- Clean and sterilize surfaces.
- Stay home if you are sick.

Where can I find more information?

- Ask your doctor.
- Call the Alabama Department of Public Health, Immunization Division, at 1-800-469-4599.
- Go to cdc.gov and type influenza in the SEARCH box.



Vaccines for Children



IMMUNIZATION DIVISION



Alabama Department of Public Health

Immunization Division, 201 Monroe St, Montgomery, AL 36104

1-800-469-4599 www.adph.org/imm 2/29/16

Managing Diabetes in the School Setting

Alabama State Department of Education
Alabama Board of Nursing

Diabetes Mellitus: Type I Diabetes

- Previously called Insulin-dependent or Juvenile Onset Diabetes
- Pancreas does not make enough insulin (a hormone secreted by the pancreas)
 - If the body has too little or no insulin then glucose cannot enter the cells of the body to be used for energy
- Symptoms include:
 - ❖ Fatigue
 - ❖ Increased thirst
 - ❖ Frequent urination
- Treatment includes:
 - ❖ Blood glucose monitoring
 - ❖ Administration of long and/or rapid-acting insulin
 - ❖ Diet, exercise and rest

Diabetes Mellitus: Type II Diabetes

- Previously called Adult Onset Diabetes
- Insulin resistance
 - ❖ Decreased ability of insulin (a hormone secreted by the pancreas) to move glucose (blood sugar) from our bloodstream into our cells.
- Risk factors include:
 - ❖ Family history
 - ❖ Lifestyle choices (diet, exercise, obesity)
- Treatment includes:
 - ❖ Blood glucose monitoring
 - ❖ Diet management and exercise
 - ❖ Oral medications (Glucophage, Actos, etc.)
 - ❖ Insulin

Hypoglycemia (Low blood sugar)

- Blood glucose less than or equal to 80 mg/dl **OR** symptoms
- Usual symptoms of hypoglycemia:
 - ❖ Shaky or jittery
 - ❖ Sweaty
 - ❖ Hungry
 - ❖ Pale
 - ❖ Headache
 - ❖ Blurry vision
 - ❖ Sleepy
 - ❖ Dizzy

Hypoglycemia: Treatment

- Can occur very quickly
- Must be treated immediately
- Prevention:
 - Regular blood sugar monitoring/in classroom if necessary
 - Meals/Snacks eaten on regular schedule/not skipped/in classroom if necessary
- Treatment of hypoglycemia:
 - ❖ If student is able to swallow and follow directions, treat with a fast-acting carbohydrate (CHO) source.
 - Mini box of juice
 - 8 oz. carton low or no-fat milk
 - ½ can soda (sweetened)
 - 3-4 glucose tablets
- Remain with student until he/she is able to safely resume normal activity.

Hyperglycemia (High blood sugar)

- Blood glucose greater than or equal to 300 mg/dl **OR** symptoms
- Usual symptoms of hyperglycemia:
 - ❖ Increased thirst, dry mouth
 - ❖ Frequent or increased urination
 - ❖ Change in appetite, nausea
 - ❖ Blurry vision
 - ❖ Fatigue

Hypoglycemia: Emergency

- If student becomes unconscious: EMERGENCY
 - ❖ Student will be *unable to swallow and follow directions*
 - ❖ Turn student onto his/her side
 - ❖ Remain with the student until the on-site School Nurse/Trained Unlicensed Diabetic Assistant arrives OR until EMS arrives
 - ❖ If no School Nurse or Trained Unlicensed Diabetic Assistant available - CALL 9-1-1
- Treatment of EMERGENCY hypoglycemia:
 - ❖ Administer Glucagon injection (if ordered by physician)
 - ❖ Glucagon is a hormone that when injected raises the blood sugar quickly
 - ❖ Glucagon *may only be administered* by a School Nurse or a Trained Unlicensed Diabetic Assistant
- Students must be accompanied by a School Nurse or Unlicensed Diabetic Assistant or Parent if participating on a Field Trip or Extracurricular Activity

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- Treatment of EMERGENCY hyperglycemia:
 - ❖ School Nurse or a Trained Unlicensed Diabetic Assistant will follow physician orders regarding administration of insulin/medication
- Students must be accompanied by a School Nurse or Unlicensed Diabetic Assistant or Parent if participating on a Field Trip or Extracurricular Activity

Hyperglycemia: Treatment

- Slower leading to medical emergency (diabetic ketoacidosis)
- Occurs when symptoms persist without treatment
- Prevention:
 - ❖ Regular blood sugar monitoring/in classroom if necessary
 - ❖ Meals/Snacks eaten on regular schedule/not skipped/in classroom if necessary
 - ❖ Insulin/Medications taken on time
 - ❖ Exercise on time
- Treatment of hyperglycemia:
 - ❖ If student is able to swallow and follow directions, treat with the following:
 - ❖ zero calorie fluid (i.e. water)