

H1N1 Flu (swine flu) Fact Sheet

Longview School District will always follow the guidelines of public health professionals.

What is H1N1 (swine flu)?

H1N1 flu is a new influenza virus with symptoms that are very similar to the regular seasonal flu. Symptoms may include fever, cough, sore throat, and fatigue, lack of appetite, runny nose, body aches, and chills. Some people also experience nausea, vomiting and diarrhea. People spread the H1N1 virus to each other mainly through coughing or sneezing. Sometimes people may become infected by touching something – such as a surface or object – with H1N1 virus on it and then touching their mouth or nose.

Vaccination

A new vaccine against H1N1 flu will become available this fall. According to federal guidelines, it will be offered to those at highest risk for complications from H1N1 before it is offered to the general public.

Public health professionals recommend the following precautions:

- **Cover your nose and mouth** with a tissue when you cough or sneeze. Cough or sneeze into your elbow or upper arm if a tissue is unavailable.
- **Wash your hands** often with soap and water. Alcohol-based sanitizers work too.
- **Get the seasonal flu** vaccine as it should help with your general immunity.
- **When ill, stay home.** Seek medical care if that is what you would normally do.

When should children stay home?

If the answer is “yes” to two or more questions below, your child might have the flu and should stay home:

- Yes No Does your child have a sore throat, bad cough, or runny nose?
- Yes No Does your child have body aches or chills?
- Yes No Does your child have vomiting or have diarrhea? (*children should stay home regardless of other symptoms*)
- Yes No Does your child have a fever of 100 degrees or more? (*children should stay home regardless of other symptoms*)

If a child or adult is ill with these symptoms, he or she should stay home, limit contact with others, and remain home until free from fever (100 degrees or higher) for at least 24 hours without the use of fever-reducing medicines.

For more information and on-going updates:

www.cdc.gov www.doh.wa.gov www.clark.wa.gov/public-health

Public Health Flu Information Line toll free 1- 877-510-2772