

# H1N1 Flu (Swine Flu)

*Although the flu may not be as severe as once thought, the Forsyth County School System will continue to focus on prevention and close surveillance of illnesses in schools by practicing good hygiene, disinfecting commonly shared surfaces, and observing students/staff for illness.*

## FACT SHEET (Condensed from the CDC)

### **What is a H1N1 flu?**

The H1N1flu (referred to as “swine flu” early on) is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. Most people who have become ill with this new virus have recovered without requiring medical treatment.

### **How does H1N1 virus spread?**

Spread of H1N1 virus is thought to occur in the same way as seasonal flu. Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something – such as a surface or object – with flu viruses on it and then touching their mouths or noses.

### **What are the signs and symptoms of this virus in people?**

The symptoms of H1N1 flu virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting.

### **How severe is illness associated with H1N1 flu virus?**

Illness with the new H1N1 virus has ranged from mild to severe. Most people who have been sick have recovered without needing medical treatment.

## PREVENTION

Everyone can help prevent the spread of the H1N1 flu by doing the following:

- **Practice good hand hygiene by washing your hands** often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- **Avoid touching your eyes, nose and mouth.** Germs spread that way.
- **Cover your mouth and nose** with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands.
- **Stay home if sick** until free of symptoms and/or fever, without the use of fever-reducing medications for at least 24 hours. Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others. Limit contact with others.
- **Get your family vaccinated for seasonal flu and 2009 H1N1 flu** when vaccines are available.

**For more information:** <http://www.flu.gov/>

