

## **H1N1 Flu Virus INFORMATION SHEET – PLEASE READ!**

The H1N1 flu virus is causing illness in infected persons in the United States and countries around the world. The CDC expects that illnesses may continue for some time. As a result, you or people around you may become ill. If so, you need to recognize the symptoms and know what to do.

### **Symptoms**—similar to the symptoms of seasonal flu

- ✓ Fever
- ✓ Cough
- ✓ Sore throat
- ✓ Runny or stuffy nose
- ✓ Body aches
- ✓ Headache
- ✓ Chills
- ✓ Fatigue

### **Avoid contact with others**

- ✓ If you are sick, you may be ill for a week **or so**. You should stay home and keep away from others as much as possible, including avoiding travel and not going to work or school, for at least 24 hours after your fever is gone except to get medical care or for other necessities. **(Your fever should be gone without the use of fever-reducing medicine.)**
- ✓ If you do leave the house to see medical care, wear a facemask, if available, and cover your coughs and sneezes with a tissue.
- ✓ In general, you should avoid contact with other people as much as possible to keep from spreading your illness, especially those at increased risk of severe illness from influenza (pregnant women, elderly & children).

**Emergency Warning Signs**—if you become ill and experience any of the following warning signs, seek emergency medical care.

**In Children, emergency warning signs that need urgent medical attention include:**

- ✓ Fast breathing or trouble breathing
- ✓ Bluish or gray skin color
- ✓ Not drinking enough fluids
- ✓ Severe or persistent vomiting
- ✓ Not waking up or not interacting
- ✓ Being so irritable that the child does not want to be held
- ✓ Flu-like symptoms improve but then return with fever and worse cough

**In adults, emergency warning signs that need urgent medical attention include:**

- ✓ Difficulty breathing or shortness of breath
- ✓ Pain or pressure in the chest or abdomen
- ✓ Sudden dizziness
- ✓ Confusion
- ✓ Severe or persistent vomiting
- ✓ Flu-like symptoms improve but then return with fever and worse cough

### **Lastly, Protect Yourself, Your Family, and Community**

- ✓ Stay informed. Health officials will provide additional information as it becomes available. Visit the CDC H1N1 Flu website: [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu)
- ✓ Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- ✓ Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol based cleansers are also effective.
- ✓ Avoid touching your eyes, nose and mouth. Germs spread this way.
- ✓ Try to avoid close contact with sick people.
- ✓ If you are sick with a flu-like illness, **stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of fever-reducing medicine.) Keep away from others as much as possible. This is to keep from making others sick.**
- ✓ If you are sick and sharing a common space with other household members in your home, wear a facemask, if available, to help prevent spreading the virus to others.
- ✓ Learn more about how to take care of someone who is ill in "Taking Care of a Sick Person in Your Home" available at: [www.cdc.gov/h1n1flu/guidance\\_homecare.htm](http://www.cdc.gov/h1n1flu/guidance_homecare.htm)
- ✓ Follow public health advice regarding school closures, avoiding crowds, and other social distancing measures.
- ✓ If you don't have one yet, consider developing a family emergency plan as a precaution. This should include storing a supply of extra food, medicines and other essential supplies. Further information can be found in the "Flu Planning Checklist" available at: [www.pandemicflu.gov/plan/individual/checklist.html](http://www.pandemicflu.gov/plan/individual/checklist.html)

Please note that staff will be spraying all play equipment on a daily basis with Clorox Anywhere Spray and hand sanitizer is available for all patrons.

Please help prevent the spread of this virus by not bringing yourself or you child to the Mt. Jumbo Gym Preschool Open Gym if you are at all sick (coughing, sneezing, runny nose, fever, etc.)! If you have any questions or concerns please contact the facility Manager, Myiia Whistler at 586-5226, Monday-Friday, 8:00am-4:30pm.