

H 1 N 1

What is H1N1?

H1N1 is a respiratory infection caused by influenza viruses that regularly cause outbreaks in pigs. There have been reports of serious illness and deaths due to H1N1 in Mexico, but the recently confirmed cases in the United States have been mild.

What are the symptoms of H1N1?

H1N1 symptoms are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, lethargy, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with H1N1.

How does H1N1 spread?

H1N1 viruses can be directly transmitted from pigs to people and from people to pigs. Human-to-human transmission is also possible, and appears to be occurring with this outbreak. Spread is mainly through coughing or sneezing. People may become infected by touching something with flu viruses on it and then touching their mouth or nose.

How can I protect myself from H1N1?

Here are the best ways to avoid getting or spreading H1N1:

- + Encourage all people to cover their mouth and nose when they cough or sneeze.
- + Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- + Try to avoid close contact with sick people.
- + If you get sick, limit contact with others to avoid infecting them.
- + These are the same protections as those for seasonal flu and many other respiratory infections.

What is Norman Thomas H.S. doing about H1N1:

- + Currently we are looking into purchasing antibacterial hand sanitizer to be placed in offices on each floor.
- + There will be communication between Bellevue Clinic and Norman Thomas H.S. so that we can monitor both students and staff members that are infected.
- + If you are infected please let Mr. Martin know.
- + Bellevue Clinic will be making both flu and H1N1 shots available. Flu shots are available now. We will let you know when H1N1 is available.
- + Please follow the protection guidelines.

If you need further information contact Bellevue Clinic or any member of the Crisis Response Team.