

Guidelines for protecting Yourself and Others from H1N1 Flu

This bulletin is to provide information and guidelines for class members regarding the Swine flu. The main purpose of this memo is to inform the body of what measures can be taken to avoid infection, and to limit the spread of the disease from those who do become infected with the virus.

Although there is a lot of anxiety and fear regarding the Swine flu symptoms are usually mild for people under age 65. For people over 65, the H1N1 Flu can cause more complications, although most people over 65 have some immunity to it.

The main problem for people under 65 is that the virus can spread easily from person to person, because most people under 65 have no immunity to it. The following steps will help protect you from H1N1 Flu.

Nine Ways to Protect Yourself and Others from H1N1 Flu

1. The most effective way to prevent flu is to wash your hands often with soap and warm water, especially after you cough or sneeze. Or, you can use an alcohol-based hand gel if your hands don't look dirty.
2. When you cough or sneeze, cover your mouth and nose with a tissue. Throw your tissue into a waste basket. If you don't have a tissue, cough or sneeze into your sleeve, not into your hands.
3. Keep your hands away from your eyes, nose, and mouth. Germs you pick up on your hands from people and surfaces can get into your body when your hands touch your face.
4. Avoid close contact—holding hands, kissing, or sharing food, utensils, or cups—with sick people. Stay away from people who are coughing and sneezing. Germs can travel through the air up to 6 feet.
5. Stay away from sick people until they have no symptoms (especially coughing and sneezing) or until 24 hours after they have no fever without medication.
6. Keep your immune system strong for fighting of the flu by eating a balanced diet, getting enough sleep, and finding healthy ways to deal with stress and anxiety.
7. Clean and disinfect surfaces regularly. Germs may live on countertops and other surfaces for hours or even days. Disinfecting destroys germs if you follow the disinfectant's instructions.
8. Remind your children to wash their hands often and cough/sneeze into their sleeves.
9. The Centers for Disease Control, World Health Organization, and California Department of Public Health recommend the **2009 H1N1 Influenza Vaccine** for:
 - Children 6 months old through 24 years old (vaccine is not for infants under 6 months)
 - People who care for infants less than 6 months old
 - Pregnant women
 - Healthcare workers
 - Adults 25-64 years old who have certain chronic health problems (for example, heart problems except hypertension, asthma or other respiratory problems, diabetes)

If You Get Sick or Are Exposed to H1N1 Flu – September 2009

Sometimes, despite your best efforts to stay well, you will still get the flu. Here are some things to do if you become sick with flu symptoms such as fever over 100 degrees Fahrenheit, cough, sore throat, body aches, headache, chills, fatigue, vomiting, and/or diarrhea.

1. **Stay home.** Do not come to class until at least 24 hours after symptoms, especially fever, have resolved. It is advised to not attend class for at least 1 week from the onset of symptoms. Although you may feel bad about missing classes we have several means of providing DVDs and/or recordings for those who are confined to their homes. Stay away from others to avoid spreading the flu.
2. Get enough rest and drink plenty of fluids.
3. You can take acetaminophen (Tylenol) or ibuprofen (Advil or Motrin) for fever or achiness. **DO NOT** use aspirin, or medications made with aspirin like bismuth subsalicylate (Pepto Bismol), with children.
4. Get medical care immediately if you or someone you're caring for shows any of these warning signs:

Children

- 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

Adults

- 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

5. Most people will get better from the flu without complications. However, **the Centers for Disease Control, World Health Organization, and California Department of Public Health** recommend antiviral drugs (Tamiflu or Relenza) as treatment **ONLY** for certain people who could have more serious complications from flu, including:

- People in the hospital with suspected or confirmed flu
- People with suspected or confirmed flu who are at higher risk for complications:
 - Children under 5 years old
 - Adults 65 years and older
 - Pregnant women
 - People with a suppressed immune system
 - People with certain chronic health problems (for example, heart problems except hypertension, asthma or other respiratory problems, diabetes)
- People younger than 19 years of age who are receiving long-term aspirin therapy

Even if you are in one of the groups listed above, your doctor may decide that you **SHOULD NOT** receive antiviral drugs. Some reasons could be:

- You do not have an illness that will be helped by antiviral drugs.
- Your symptoms are not severe and are getting better.
- You have had your symptoms for more than 48 hours.
- Possible side-effects from the antiviral drugs, such as depression or nausea/vomiting, may make taking the drug too risky for you.