

Prevention and Personal Protection

- Wash your hands FREQUENTLY.
- Wash hands for 20 seconds.
- Use alcohol-based sanitizers (60%-95% alcohol concentration) only when soap and water are not available. Follow up with hand washing as soon as possible. Exercise caution when administering hand sanitizers to children.
- When coughing or sneezing, cover your mouth and nose with the bend in your arm and not your hands.
- Use disposable tissues and discard immediately. Do not reuse tissues. Follow up with hand washing.
- Avoid crowds, especially indoors.
- If you have the flu, stay home until your fever has subsided for 24 hours **WITHOUT** fever reducing medicines (Acetaminophen or Ibuprofen).
- Avoid contact with family members when ill.
- Call your family doctor right away if you begin coming down with flu symptoms.

Additional information is available at:

www.cdc.gov

www.h1n1inpa.com

www.pandemicflu.gov

www.who.int/en/

www.ready-york.org

www.yammrs.org



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THE FLU

Seasonal Influenza

Pandemic Influenza



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INFLUENZA

Seasonal Flu: is caused by one or more specific strains of influenza virus. These familiar viruses are responsible for the Flu Season each year. Vaccines are based on specific, known virus strains from previous seasons.

A-H1N1 (Swine Flu Virus): this is a new novel virus that has its origins in pigs. The virus has changed so it can now be passed to humans. The virus is now spreading person to person. Because it's new, people have no immunity.

A-H5N1 (Avian Flu Virus): the "Bird Flu" virus emerged on the scene in 2003. The virus has its origins in bird populations overseas. This virus has not yet reached the U.S. Although the virus hasn't spread to people on a large scale, there has been more than 400 human cases with about a 60% death rate.

Pandemic Flu: is a worldwide epidemic of disease. **The World Health Organization (WHO)** is responsible for declaring a Flu Pandemic. It can be mild or deadly and hit with different waves over many months. Each wave of the same virus can vary in severity since the virus continually changes. New novel flu viruses like A-H1N1 and A-H5N1 pose the greatest Pandemic Flu risk.

FLU SYMPTOMS

Influenza viruses generally cause the same symptoms. The difference is in the severity of the symptoms and the complications that follow.

- Fever Above 100 Degrees
- Cough
- Sore Throat
- Runny / Stuffy Nose
- Body Aches
- Headaches
- Chills
- Fatigue
- Diarrhea / Vomiting (**Not Normal**)

If your child has the flu, there are warning signs that **URGENT MEDICAL ATTENTION** is needed. These symptoms include:

- Fast / Labored Breathing
- Bluish Gray Skin Color
- Severe Diarrhea / Vomiting
- Not Waking Up / Not Interacting
- Persistent High Fever

If you or another adult in your home has the flu, there are warning signs that **URGENT MEDICAL ATTENTION** is needed. These symptoms include:

- Difficulty Breathing / Shortness of Breath
- Chest Pain / Pressure
- Abdominal Pain / Pressure
- Confusion
- Severe Persistent Diarrhea / Vomiting

Infection Control

The virus is spread by direct contact with respiratory droplets from an infected person. Viruses in droplets from a cough or sneeze can live on hard surfaces up to 8 hours. Here are examples of "Hard Surfaces" that requires vigilance to keep clean.

Light Switches	Keyboards	Fridge Handles
Door Knobs	Mouse	Cupboards
Remote Controls	Copiers / Printers	Coffee Table
Faucets	Fax Machines	End Tables
Toilet Handles	Vending Machines	Night Stands
Telephones	Desk Tops	Counter Tops
Pens	Water Fountains	Toys