

## **H1N1 (SWINE) Virus and Seasonal Flu Information**

The Centers for Disease Control (CDC) and other global health organizations are expecting widespread illness resulting from the spread of the H1N1 virus in the months ahead. Campbell High School has taken steps to prepare for the upcoming flu season, including the installation of hand sanitizing stations and signage on hand washing.

### **Symptoms**

- Fever greater than 100 degrees
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Fatigue

### **Prevention**

- Wash your hands often using warm water and soap. If soap and water are not available, use alcohol-based hand gel.
- Sneeze and cough into your elbow to prevent others from getting sick.
- If you have flu-like symptoms stay home from work or school.
- Avoid touching your eyes, nose or mouth.
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

### **Think You Have the H1N1 Virus or the Seasonal Flu?**

1. Call out sick and let the school nurse know you have the flu.
2. Stay home for the length of the illness plus one more day
3. If you have a chronic medical problem and are experiencing flu-like symptoms, please seek medical care

### **Seasonal Flu Vaccine**

A seasonal flu vaccination clinic will be held Monday October 5 from 1-4 at Campbell high School in Nurse Hoey's office.