

H1N1 Influenza (Swine Flu)

Facts about H1N1 Influenza: *provided by New York State Health Department*

- Symptoms include fever (greater than 100 degrees F), body aches, runny nose, sore throat, nausea, vomiting, or diarrhea. These symptoms are very similar to the regular human flu, and cases can range from mild to severe. Contact health care provider and inform your doctor if you have traveled, especially to areas with confirmed cases, including Kansas, California, New York City, Texas and Mexico.
- The CDC has determined that the virus is spreading from person to person. At this time, it has not been determined how easily the virus is spread.
- H1N1 flu can be treated by certain antiviral drugs used to treat flu infections.
- There is no vaccine for the H1N1 flu.
- A person is considered potentially contagious as long as he/she is symptomatic and possibly for up to 7 days following the onset of the illness. Children, especially younger children, might be potentially contagious for longer periods.
- Health care providers have been informed about how and who should be tested for the H1N1 flu.
- H1N1 flu cannot be spread through preparing or eating pork products
- H1N1 flu has not been determined to be a pandemic flu. A pandemic flu is a virus that has undergone a major change and is spread easily from person to person. In the past, H1N1 virus has caused human infections without becoming pandemic.

Prevention of H1N1 Influenza: *provided by NYS Health Dept. and NYS Statewide School Health Services*

- Cover your nose and mouth, with a tissue, when sneezing and coughing.
- Wash your hands often with soap and water. Alcohol-based hand cleaners are also effective.
- Avoid close contact with sick people. If athletes appear to be ill or have flu-like symptoms, they should not participate in group activities. Athletes may be more at risk because of bus rides to away games, locker room setting, and the close contact because of the nature of the sport.
- Avoid touching your eyes, mouth, and nose - germs spread that way.

Reaction to Being Sick: *provided by NYS Health Dept. and NYS Statewide School Health Services Center*

- A person, who is sick, should not attend school or work. They should not participate in any athletic events.
- A person should contact their health care provider. Your health care provider will determine whether influenza testing or treatment is needed.
- Avoid contact with other people to keep from spreading the virus.

Important Links and Resources:

- www.nyhealth.gov
- www.cdc.gov
- www.schoolhealthservicesny.com