



What **STUDENTS** Need to Know about Flu



Signs & Symptoms of

1. Sudden onset of symptoms
2. Fever over 100° F in adults, and as high as 103° to 105° F in children
3. Chills and sweats
4. Headache
5. Dry cough; can become severe
6. Muscle/joint aches and pains
7. Fatigue and weakness
8. Loss of appetite
9. Diarrhea and vomiting

Seasonal & H1N1 Flu

- Flu is a contagious respiratory illness caused by influenza viruses; H1N1 is also called “Swine” flu.
- Flu spreads from person to person (cough, sneeze, runny nose).
- In the US, 5% to 20% of the population gets seasonal flu.
- About 36,000 people die annually from flu-related causes in the US.
- H1N1 has caused greater disease burden in people **younger than 25 years of age** than in older people.
- People with certain chronic conditions may be at high risk for serious flu complications and should consult their physician.
- Those infected and contagious can infect others from 1 day before getting sick to 5 to 7 days after, possibly longer in children and people with weakened immune systems.



Know how to Protect Yourself from the Flu!

- **Practice good hand hygiene** by washing your hands with soap and water (15-30 seconds), especially after coughing or sneezing. Alcohol-based hand cleaners also are effective.
- **Practice respiratory etiquette** by covering your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder (the “courtesy cough”), not into your hands.
- **Avoid close contact with sick people.**
- **Stay home if you have flu or flu-like illness for at least 24 hours after you no longer have a fever (100° F or 38° C) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating).** This should be determined without the use of fever-reducing medications (medicine containing ibuprofen or acetaminophen). Don't go to class or work.
- **Talk with your health care providers about whether you should be vaccinated for seasonal flu.** Also if you are at higher risk for flu complications from 2009 H1N1 flu, you should consider getting the H1N1 vaccine when it becomes available.
- **Practice healthy habits** including eating a healthy diet, exercising regularly, getting plenty of rest and managing your stress. Do not share personal items.

Action Steps You Can Take

- Monitor school and public health Web Sites for updates, information and guidance.
- Be prepared in case you get sick and need to stay home for a week or so.
- Have a plan for continuing your school work at home.
- Have some basic supplies on hand to avoid having to go out while ill such as tissues, thermometer, over-the-counter cold/flu medication, fever reducing medications and plenty of fluids.

FOR MORE INFORMATION

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