

# H1N1 Swine Flu & Families



From Centers for Disease Control & Prevention

## What are the signs and symptoms of H1N1 swine flu?

The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

## What can I do to protect myself from getting sick?

There is no vaccine available right now to protect against swine flu. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.

If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

## ¿Cuáles son los signos y síntomas de la influenza H1N1 porcina?

Los síntomas de la influenza porcina son parecidos a los síntomas de la influenza o gripe estacional. Entre ellos se incluyen fiebre, tos, dolor de cabeza, dolor del cuerpo, dolor de cabeza, escalofríos y cansancio. Algunas personas también pueden tener diarrea y vómito. En años anteriores, algunas personas con la influenza porcina sufrían enfermedades graves (neumonía e insuficiencia respiratoria) o morían. Tal como ocurre con la influenza estacional, la influenza porcina también puede empeorar afecciones médicas existentes.

## ¿Qué puedo hacer para evitar enfermarme?

En este momento no hay una vacuna contra la influenza porcina. Pero hay medidas que usted puede tomar para ayudar a prevenir la propagación de gérmenes que causan enfermedades respiratorias como la influenza porcina y la influenza estacional. Siga estas medidas a diario para proteger su salud:

- Cúbrase la boca y la nariz con un pañuelo desechable al toser o estornudar. Bote el pañuelo desechable a la basura después de usarlo.
- Lávese las manos a menudo con agua y jabón, especialmente después de toser o estornudar. Los desinfectantes para manos a base de alcohol también son eficaces.
- Trate de no tocarse los ojos, la nariz ni la boca. Esta es la manera en que se propagan los gérmenes.

Si usted se enferma, los CDC recomiendan que se quede en casa y que no vaya al trabajo o a la escuela. No se acerque mucho a otras personas para evitar contagiarlas.

## NOW: 4 ways to protect your family

- Teach children to wash hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners work too.
- Cover your mouth and nose when you cough or sneeze. Use a tissue, or cough/sneeze into your elbow/shoulder – not into your hands!
- Stay home if you or your child is sick! Sick people should stay home at least 24 hours **after there is no fever** (without using fever-reducing medicines). Keep sick students home from school.
- Get your family vaccinated for seasonal flu and for 2009 H1N1 flu (when vaccines are ready).

## LATER: Planning ahead

- Make sure schools have accurate, up-to-date emergency contact information.
- Think about how you will handle child care at home if your child is sick (or school is closed).
- If you have children at higher risk of serious disease from the flu, **talk now** to your doctor or healthcare provider about a plan to protect them during flu season. Children at high risk include those under age 5, and children with chronic medical conditions such as asthma or diabetes.
- Identify a separate room for the care of sick family members.
- If anyone at home gets sick, **everyone** at home should be checked regularly for flu symptoms like fever.



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