



Swine Flu (H1N1)

SPECIAL EDITION

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H.A. Brown Elementary
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Philadelphia PA 19125
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K-6 Grades

Quick Tips To Keep you Flu Free!

Cover your nose and mouth with a tissue when you sneeze or cough.

Wash your hands with soap and warm water for the length of the "Birthday" song

If soap and water are not available, use and liquid hand sanitizer

Avoid touching your eyes, nose, and mouth as this is an easy way for germs to spread

Keep toys, door knobs and counter tops clean by wiping them down with a household disinfectant

For more information call the CDC or visit their website, 1800-CDC-INFO. www.cdc.gov or www.flu.gov

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What is Swine Flu: and How serious is it?

A new type of flu called Swine flu or H1N1 has started to make people sick, and even causing death. It is a disease like regular (seasonal) flu.

When it first starting appearing, it was called "swine flu" as it was thought to have a connection with the flu virus found in pigs. However, H1N1 has NOT been detected in U.S. pigs.

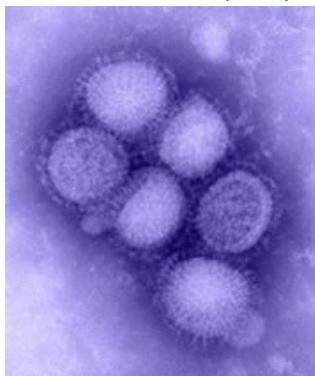
This new flu, is very unpredictable. Scientists do believe that this virus will cause illness, hospital stays, and even death here in the U.S. This flu season may be a more extreme one than other years.

How serious H1N1 is:

This like any other flu can be very serious. It is especially harmful for younger children and anyone with any chronic medical condition.

Like any other flu there are ways to prevent the spread of the virus. Get the seasonal flu vaccine for you and your family, as is it may protect you from getting most strains of the flu.

Always remember to wash your hands with soap and warm water, because this is the best defense against spreading germs.



How is it spread?

You cannot get swine flu from eating pork or pork products. All strains of flu are said to be spread the same way.

Person to Person through coughing or sneezing of sick people. Sometimes, people can get the flu by touching something like a door knob that has flu germs on it and then touching their mouth, nose or eyes before washing their hands. A person that is sick can spread the virus from 1 day prior to getting sick up until 7 days after.

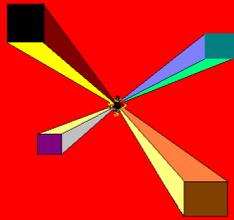


What To Look For: What to do if you child gets the H1N1 virus!

- Sore throat
- Coughing
- Fever
- Chills
- Headaches
- Body pain
- Tiredness
- Diarrhea

Number one, DO NOT SEND YOUR CHILD TO SCHOOL! The school district of Philadelphia and the Centers for Disease Control recommend you to keep your child home to get rest and to avoid spreading the virus further.





*Children are one third of our population and all of our future.
~Select Panel for the Promotion of Child Health, 1981*



What Are the Emergency Warning signs?

In children

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

Resources

<http://cdc.gov/h1n1flu/sick.htm>

This site is run by the center for disease control in Atlanta. This site informs the public of any facts, statistics locally and nationally, and vaccines used to treat the H1N1 virus.

www.phila.gov/health. This site informs and defines the virus as it pertains to philadelphia and general questions.

<http://flu.gov>

This site is run by the government

<http://webmed.org>

This site is used for answering questions about H1N1 swine flu pandemic to seasonal flu issues.

<http://school.district.edu>

This site is concerned with issues in the school as they pertain to the H1N1 virus, its prevention, precaution and vaccination.

References

Fiori, A. MD, MPH (2009). H1N1 Influenza Vaccine Safety. WebMD, 1-6.

Tynes, B. M. (2007). Internet Safety Gone Wild? Sacrificing the educational and psychosocial benefits of online social environments. *Journal of Adolescent Research*, 22(6), 575-584.