

Dear Parents,

H1N1 (swine flu) is a viral fever, it can be cured by timely and specific treatment. It is our responsibility to spread awareness amongst our school. The following are the Do's and Don'ts in relation to the H1N1 virus.

Symptoms.

H1N1 flu signs and symptoms in humans are similar to those of other flu strains:

- Fever (but not always)
- Cough.
- Sore throat.
- Runny or stuffy nose.
- Watery, red eyes.
- Body aches.
- Headache.
- Fatigue.
- **How it spreads**
- By airborne respiratory droplets (coughs or sneezes).
- By skin-to-skin contact (handshakes or hugs).
- By saliva (shared drinks).
- By touching a contaminated surface (blanket or doorknob).
- People may experience: Pain areas: in the muscles
- Cough: can be dry
- Whole body: fever, high fever, or malaise
- Nasal: runny nose or sneezing
- Also common: headache or sore throat

Do's & Dont's:

- DO Cover your mouth and nose with a handkerchief or tissue when you cough or sneeze.
- Wash your hands often with soap and water or use an alcohol based hand gel.
- Avoid touching your eyes, nose or mouth.
- Avoid crowded places
- Stay more than an arm's length from persons afflicted with flu
- Get plenty of sleep
- Drink plenty of water and eat nutritious food

DO NOT:

- • Shake hands or hug in greeting
- Spit in public
- Take medicines without consulting a physician

Thank you