

H1N1 Flu Virus

(swine flu)

Health Guidelines

Here are a few things you and your family can do to protect yourselves and others against the H1N1 flu virus, the seasonal flu and other illnesses.

WASH YOUR HANDS

Practice good hand washing at home and encourage your children to wash their hands regularly throughout the day. Hand washing is an easy and effective way to prevent the spread of flu germs.

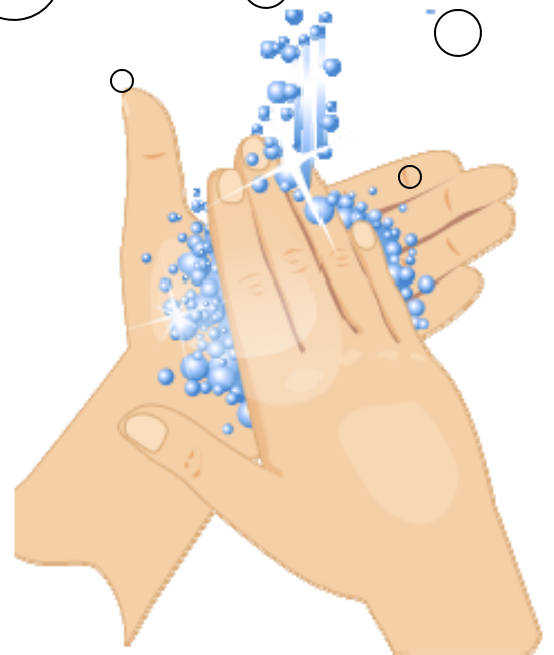
COVER YOUR COUGH / SNEEZE

Cough or sneeze into a tissue, your arm, or the crook of your elbow — not your hands. Even if you do not cough/sneeze on your hands, wash them immediately and if a tissue was used, dispose of it right away.

FEEL SICK? STAY HOME!

If you experience flu like symptoms, remain at home to avoid exposing others. For more guidance regarding H1N1, see the ASD H1N1 Web site:
www.asdk12.org/EPrep/flu.asp

The Anchorage School District and the Municipality of Anchorage Department of Health and Human Services are doing their part to protect the residents of Anchorage from H1N1. Please do your part and follow these guidelines.



Don't Forget Your Seasonal Flu Vaccine!

Vaccinations are the single best way to avoid getting the seasonal and H1N1 flu. The H1N1 flu is a different strain than the seasonal flu. H1N1 vaccines, likely available this fall, will not protect against the seasonal flu.



**For more information on the
H1N1 Flu Virus (swine flu)
visit the ASD Web site:**



www.asdk12.org/EPREP/flu.asp

The Anchorage School District is aware of the nationwide public health concern surrounding the H1N1, or swine flu virus. ASD is working closely with local, state and federal health agencies and is monitoring the H1N1 flu virus in Alaska. Families should be aware of the virus and remain calm. For the most up-to-date information on Anchorage School District H1N1 guidelines, visit the website listed, talk with your school nurse or call ASD Health Services at 742-4136.

What are the symptoms of H1N1?

The symptoms of H1N1 flu are similar to the symptoms of seasonal flu and include:

- fever
- cough
- sore throat
- chills
- runny or stuffy nose
- headache
- fatigue
- body aches

Vomiting and diarrhea may be present as well. Like seasonal flu, severe illnesses and death can occur as a result of this virus but is rare.

People who are ill should stay home and not go into the community except to seek medical care. Sick children should not attend alternative child care, where they may expose uninfected children.