

## **Information Regarding H1N1**

As part of our continued commitment to the health of your child, ECSRD has compiled information on preventative tips and strategies to keep your child healthy. This fact sheet has the most recent information on how to prevent the flu.

We encourage you to monitor your child's health. If your child has the flu, please keep them home for 24 hours after the symptoms have disappeared. All staff and student are asked to reduce the spread of germs by washing their hands frequently, covering coughs and staying home from school when they are ill. Instructional hand washing and influenza self care posters are displayed in all schools. Every family will receive the *'It's in your hands' influenza self care* booklet from your local school.

We will make every effort to keep our schools open during the H1N1 influenza pandemic. If schools need to close, you will find information on closures on the school and district website ([www.ecsrd.ca](http://www.ecsrd.ca)). ECSRD has a **Pandemic Protocol** that outlines actions the schools and district will implement should the virus progress.

### **FACTS**

- Influenza is a contagious respiratory illness caused by the influenza virus. There are various types of the influenza virus that circulate throughout the world each year. Typically people develop symptoms 1-3 days after becoming infected. Most people with influenza or H1N1 will recover within one week.

### **Hand Washing Prevents Illness**

Alberta Health Services advises everyone to make a habit of washing your hands frequently. This is especially important if you have been in contact with someone who has the cold or the flu. Keep your hands away from your eyes, nose and mouth, since the virus can enter your body this way. Wash your hands with soap and water or use a hand sanitizer.

### **How to wash your hands**

- Use liquid soap or a bar of soap. Wet your hands with warm, running water. Rub on soap, lather well.
- Rub your hands together for at least 15 seconds.
- Scrub all over, including the backs of your hands, wrists, fingers and fingernails.
- Rinse under running water.
- Dry your hands.

### **Cover your cough**

- Cough or sneeze into your upper sleeve or cover your mouth with a tissue.
- The virus contained in droplets can travel 1-2 metres in the air.
- It can live on hard surfaces for 1-2 days.
- It can live on cloth or tissue for 8-12 hours and on hands for five minutes.

### **Signs and Symptoms of H1N1**

- Fever
- Cough
- Muscle aches
- Lethargy
- Lack of appetite.
- In some case, more severe symptoms such as vomiting and diarrhea may develop.