



H1N1 INFLUENZA

This pandemic (H1N1) 2009 influenza virus is thought to be spread from person-to-person in the same way as seasonal influenza where transmission occurs predominantly through droplets produced from coughing or sneezing. Indirect transmission also likely occurs through self-inoculation after contact with surfaces or objects contaminated with the virus from infected persons.

SYMPTOMS

COUGHING
FEVER
FATIGUE
MUSCLE ACHES
SORE THROAT
HEADACHES
DECREASED APPETITE
RUNNY NOSE
NAUSEA
VOMITING
DIARRHEA

HAND WASHING TECHNIQUES

WITH RUNNING WATER:

- Remove gloves, jewelry, sport taping, etc.
- Wet your hands up to the wrists
- Apply enough **anti-bacterial** soap to cover all hand surfaces
- Work soap under the fingernails and around and between joints and fingers
- Rinse off every trace of lather with water
- Dry your hands with a clean cloth or paper towel while taking special care to dry thoroughly between the fingers
- Turn off the tap/spout with a paper towel or cloth
- Repeat as many times a day as possible

WITH AN ALCOHOL-BASED SANITIZER:

- Wash your hands with soap and water (if available) to remove visible dirt such as oil, blood, body fluids, etc., and dry your hands completely after washing
- Place enough alcohol-based (if approved by your school board) hand rub into the cupped palm of one hand sufficient to wet both hands completely
- Rub the liquid into the palms, back of hands, between fingers and under nails

COUGH & SNEEZE ETIQUETTE

The influenza virus spreads quickly from person to person through droplets in the air. These droplets come from our noses and mouths when we cough or sneeze, so cover your mouth with a tissue or raise your arm up to your face to cough or sneeze into your sleeve. If you use a tissue, dispose of it as soon as possible and wash your hands immediately.

EVENT PREPARATION

- Provide sufficient and accessible infection prevention supplies, such as soap, alcohol-based/waterless hand hygiene products (if approved by your school board), tissues, and receptacles for their disposal
- Develop a dissemination plan for communication with staff, students, and families (ex: the coach of a team will contact the student's parent/guardian)
- Prepare to consult with the public health region in your area in the event of an outbreak
- Plan for an isolation room if a student is showing symptoms of or is infected with the H1N1 virus
- Establish policies for transporting ill students
- Encourage coaches to carry hand sanitizer with them at all times

PUBLIC HEALTH MESSAGES

- Individuals who have an underlying illness that puts them at risk for severe illness or complications from the pandemic (H1N1) 2009 influenza virus may wish to consider not attending mass gatherings because of their own personal risk
- Practice frequent hand cleaning (i.e., after sneezing or coughing, before and after eating, after recreation times, after going to the washroom, etc.)
- Do not share cups
- Practice cough and sneeze etiquette
- Wash hands often with soap and warm water for at least 20 seconds, or use hand sanitizer
- Keep your hands away from your face – 'Hands-off-the-Face' protocol
- Cough and sneeze into your arm, not your hand. If you use a tissue, dispose of it as soon as possible and wash your hands
- Get immunized
- Keep common surface areas—for example, doorknobs, light switches, telephones and keyboards—clean and disinfected
- Eat healthy foods and stay physically active to keep your immune system strong
- Keep doing what you normally do, but if you get sick, stay home
- Talk to a health professional if you experience severe flu-like symptoms