

Seasonal Influenza & Swine Flu

Take these everyday steps to protect your health:

<p>Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.</p>
<p>Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.</p>
<p>Avoid touching your eyes, nose or mouth. Germs spread this way.</p>
<p>Try to avoid close contact with sick people.</p>
<p>Stay home if you are sick for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer. This is to keep from infecting others and spreading the virus further.</p>
<p>Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.</p>
<p>Vaccination is the best protection against contracting the flu. You need two vaccines to be fully protected this year. The seasonal flu vaccine is different from the H1N1 (Swine) flu vaccine. The CDC is encouraging people to get both vaccinations. Get the seasonal vaccination as soon as possible and get the H1N1 (Swine) flu vaccination as soon as it is available in early fall.</p> <p>Vaccination is Entirely Voluntary</p>

Caution at Dances!!

1. Eat only wrapped food or food that can be taken without touching.
2. Avoid dips, open bowls of nuts and candy, anything you think may have been touched by someone else.
3. Wash your hands before eating.
4. Do not cough or sneeze into your hands. Use a tissue, then go wash. Coughing or sneezing into your elbow is good in most cases, but is not helpful at a dance.



SELF-SCREENING SWINE FLU TOOL

- In our communities where influenza is occurring, we should monitor for signs and symptoms of an influenza-like illness.
- If you feel ill stay home from work & events because an infected person can shed the virus 24 hours before symptoms start, and up to seven or more days later.
- In order to determine if you should stay home - ask yourself the following questions:

Within the last 24 hours, have you had any of the following?

Fever (at least 100.0 °F (37.8°C) or higher)?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
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AND

Cough?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Sore throat?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Nasal congestion or runny nose?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Nausea, vomiting, and/or diarrhea?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Headache or muscle aches?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

- If your temperature is at least 100.0 °F (37.8°C) or higher **AND** you answered yes to any of the symptoms in bold **STAY HOME.**
- Please stay home for at least seven days after the symptoms start, **OR** fever is gone for 24 hrs **WITHOUT** use of anti-fever, meds i.e. aspirin, Tylenol®, Advil® .
- If you still have a fever after 7 days, please continue to stay home for at least 24 hours after the fever is gone.
- Signs of a fever may include chills, sweats, flushed. Absence of a fever should be determined without the use of fever-reducing medicines (e.g. Tylenol or ibuprofen).
- Below is a suggested list of supplies to have on hand for an extended stay at home;
 - ✓ Prescribed medical supplies (such as glucose and blood-pressure medications)
 - ✓ Soap and water, or alcohol-based hand sanitizer
 - ✓ Medicines for fever, such as acetaminophen or ibuprofen
 - ✓ Throat lozenges
 - ✓ Thermometer
 - ✓ Anti-diarrheal medication
 - ✓ Water and fluids with electrolytes
 - ✓ Tissues