

Swine Influenza Information from Blooming Prairie Schools

Dear staff, parents and students:

What are the symptoms?

The symptoms of swine influenza A (H1N1) are similar to symptoms of regular human flu: fever, cough, sore throat, body aches, headache, chills and fatigue.

What can I do to protect myself from getting sick?

Prevention is best! There are actions that can help prevent the spread of germs that cause respiratory illnesses such as influenza. Take these everyday steps to protect your health.

1. First and most important: wash your hands.
2. Stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
3. Try not touch surfaces that may be contaminated with the flu virus.
4. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
5. Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
6. Try to avoid close contact with sick people.
7. If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them. Avoid touching your eyes, nose or mouth as germs spread this way.

Sources of current information:

<http://emergency.owatonna.info> (above information taken from this source)

<http://www.health.state.mn.us/divs/idepc/diseases/flu/swine/index.html>

<http://www.cdc.gov/swineflu/>

QUESTIONS? Please contact your local medical provider with health concerns, or Mr. Olson or Kay Zellmer at school with specific school- related questions. Thanks!