

H1N1 Virus (Swine Flu)

What is swine flu?

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and not sustained beyond three people. (Source: www.cdc.gov)

Signs and symptoms of swine flu:

- Fever
- Cough
- Sore throat
- Body aches
- Headache
- Chills
- Fatigue
- Diarrhea and vomiting

How to prevent the flu from spreading:

- Wash your hands regularly with soap and water.
- Cover mouth and nose with a tissue when you cough or sneeze. Wash your hands immediately.
- If you are sick, stay home from work/school.
- Avoid close contact with people who are sick.
- Keep living and work areas clean.

What can your school do to prepare?

- [School District \(K-12\) Pandemic Influenza Planning Checklist](#) (Centers for Disease Control and Prevention)
- [Pandemic Flu: A Planning Guide for Educators](#) (U.S. Department of Education)

Help parents prepare

- [Pandemic Flu Planning Checklist for Individuals & Families](#) (Centers for Disease Control and Prevention)
- [The Flu: A Guide for Parents](#) (Centers for Disease Control and Prevention)

What can your school do to prepare?

- [Key Facts about Swine Influenza](#) (Centers for Disease Control and Prevention)
- [Understanding Avian Influenza Lesson Plan](#) (U.S. Department of Agriculture)
- [Be a Germ Stopper Poster](#) (Centers for Disease Control and Prevention)
- [Cough Flyer](#) (Centers for Disease Control and Prevention)

For additional information and activities please visit:

- www.cdc.gov/swineflu
- www.pandemicflu.gov
- [PA Department of Health](#)
- www.studenthealthforce.com

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