

HEALTH AND WELLNESS CLUB
KNOW-CHECK-PROTECT
H1N1 VIRUS – SWINE FLU

Swine flu, also known as the H1N1 virus, is a relatively new strain of an influenza virus that causes symptoms similar to the regular flu. It originates in pigs but is spread primarily from person to person.

Swine flu had assumed epidemic proportions last season and continued till mid-April this year, afflicting over 4,259 people "With the surge in swine flu cases, it is essential that awareness be raised of its prevention, especially among schoolchildren, who run the risk of contracting the disease from their schoolmates. A simple sneeze can cause thousands of germs to spread through the air. The virus can linger on tables and surface areas like door knobs, waiting to be picked up.

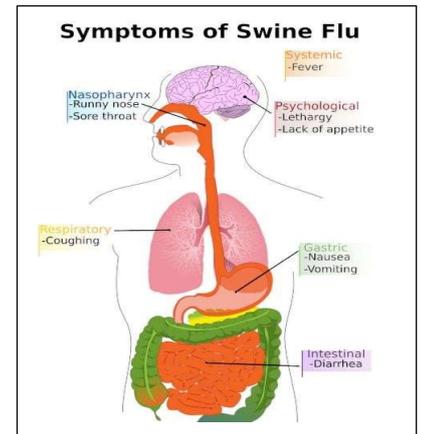
Symptoms include fever, cough, sore throat, chills, weakness and body aches. Children, pregnant women and the elderly are at risk from severe infection.

People may experience:

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|-------------------|---|-------------------------------|
| Pain areas | : | in the muscles |
| Cough | : | can be dry |
| Whole body | : | fever, high fever, or malaise |
| Nasal | : | runny nose or sneezing |
| Also common | : | headache or sore throat |

Swine flu is very contagious. The disease is spread through saliva and mucus particles. People may spread it by:

- Sneezing
- Coughing
- Touching a germ-covered surface and then touching their eyes or nose



The best means of dealing with swine flu is to prevent it. **Hand sanitization** is important to stop the spread of the virus. Staying away from infected people will help stop person-to-person transmission.

Making healthy choices at school and at home can help prevent the flu and spreading flu to others.

- Stay at home when you are sick.
- Avoid close contact with people who are sick.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue away after use and wash your hands.
- If a tissue is not available, cover your mouth and nose with your sleeve, not your hand.
- Wash your hands often with soap and water, especially after you cough or sneeze. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Clean and disinfect surfaces or objects at home or school, especially when someone is ill.

Children and staff who may have been in contact with people who are infected or may be returning from areas that have been affected by the virus, either in this country or abroad, should not come into school until they have mailed/ telephoned for further advice.

The government authorities have been taking every care for prevention and control of Swine flu. Though, medicine/vaccine are available for this deadly disease, yet, as we all know " Prevention is better than cure."

We seek your co-operation in these efforts to guard the health of all students and staff and thus allow the School to continue to operate within a safe environment for all.

Distribution

VPL / HMs
School Website

Asha Prabhakar
(Principal)

स्वच्छ भारत

एक कदम स्वच्छता की ओर

