

Esprit Committee and Attendees

Regarding H1N1 (Swine Flu)

The following is a synopsis of the current flu situation. As always, please take personal responsibility and inform yourself of the true facts regarding this flu. Here are some websites you may want to investigate to inform yourself:

ABC News: <http://abcnews.go.com/Health/SwineFlu/story?id=7471341&page=1>

CDC: <http://www.cdc.gov/h1n1flu/>

CDC: http://www.cdc.gov/h1n1flu/key_facts.htm

CDC: http://www.cdc.gov/h1n1flu/swineflu_you.htm

CDC = Center for Disease Control and Prevention (USA).

As we have all heard from the media there is a “pandemic flu” going about. Have a read of the ABC news article above and form your own opinion as to whether this is truly a pandemic or is a situation in which as an individual one must take personal responsibility. Personal responsibility includes being informed, washing ones hands thoroughly, not putting others at risk if one has the flu or like symptoms and contacting a medical professional for help. If you know of someone who has been to Mexico or has been in contact with someone who has you may want to avoid that person or situation.

Some pertinent points:

1. **What is the H1N1 (swine flu):** is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs
2. **Contagious:** is contagious and is spreading from human to human
3. **Signs and symptoms of swine flu:** similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions
4. **How does it spread:** Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

5. **What to do to keep from getting the flu:** First and most important: wash your hands. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Try not touch surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick. Washing your hands often will help protect you from germs. Wash with soap and water or clean with alcohol-based hand cleaner. We recommend that when you wash your hands -- with soap and warm water -- that you wash for 15 to 20 seconds. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used

The key to understanding and being prepared is personal information and responsibility. Do not hesitate to contact your family doctor or health centre if you feel you may have the flu. At all times one should take the precautions listed above so as to avoid infections or flu's.

Please come and enjoy Esprit. The information above is for your education and does not replace personal responsibility and seeking professional medical help.

Thanks for reading and have a wonderful time at Esprit.

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for the 2009 Esprit Committee