



More Hands . . . More Germs

Now that school is back in session, students are once again sharing their crayons, pens, pencils, lockers and their germs. The Center for Disease Control predicted the reemergence of the H1N1 virus with the gathering of students as they head back to school. Being aware of the symptoms associated with H1N1 and of the ways to prevent the spread of the virus will help protect you, your family and your work place.

Symptoms of the H1N1 virus include coughing, sore throat, fever, headache, body aches, chills and fatigue. Similar to seasonal flu, these symptoms can vary from mild to severe. Children under the age of 5, women who are pregnant, people over the age of 65 and people with chronic medical conditions are at higher risk to have complications with H1N1. If you are experiencing flu-like symptoms, stay home for at least 24 hours after your fever has broke.

To prevent the spread of H1N1 remember to cover you nose and mouth while coughing and sneezing. Also, remember to wash your hands after a cough or sneeze (hand sanitizer is effective as well). Avoid touching your eyes, mouth and nose as it is a good way to spread germs. Cleaning commonly touched surfaces frequently will help to stop the spread of those germs. And when at all possible, avoid close contact with sick people.

For more information about the H1N1 virus you can visit the following websites:

<http://pandemic.wi.gov>

<http://www.cdc.gov>

<http://www.who.int/csr/disease/swineflu/en/index.html>

Please call your EAP at 1-800-222-8590 for confidential counseling assistance..