

PANDEMIC FLU

You may have heard about the H1N1 (swine) flu in the news lately. Did you know that young people up to age 24 may be more susceptible to catching this flu?

You can play an active role in helping to prevent the spread of H1N1 by taking the following actions:

- **Educate yourself about H1N1 (swine) flu**
- **Take action by educating your peers about this health threat.**

The H1N1 (swine) flu virus is a potentially serious health issue for everyone. While it is uncertain exactly how widespread or serious the H1N1 flu virus will be this year, there's no question that people should be taking some basic steps now to prepare for it.

The H1N1 and seasonal flu viruses are different, and people will need to get separate vaccinations for each flu strain. Vaccines for the H1N1 flu are being developed and tested, and the CDC has indicated that the vaccines could be available in October. The CDC has recommended that vaccination efforts initially focus on five groups considered most vulnerable:

Pregnant women

People who live with or care for children younger than 6 months of age

Healthcare and emergency medical services personnel

Young people between 6 months and 24 years of age

People aged 25 through 64 years at higher risk to experience flu-related complications

because of chronic health disorders or compromised immune systems

Remember, you are your best protection against flu viruses, including H1N1. To protect yourself, the Red Cross urges you to take these simple actions:

- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand sanitizers are also effective when soap and water aren't available.
- Avoid touching your eyes, nose and mouth. Germs spread that way.
- Cover your nose and mouth with a tissue or sleeve when you cough or sneeze. Throw the tissue in the trash after you use it.
- Avoid close contact with people who are sick.
- Stay home if you are feeling sick.

Ways to educate your peers:

- Announcements during classes
- Contact the Office of Student Life to ask that they share this information in dorms, cafeterias and restrooms.
- Flyers in cafeterias and restrooms.
- Announcements on school radio/TV.
- Hand out flyers in high traffic areas on campus.
- Partner with other school clubs and organizations to disseminate information.



American Red Cross

Youth Action
H1N1 (Swine) Flu