

## H1N1 INFORMATION

Many of you are following the recent health alert for H1N1 (swine flu) in Iowa. We have received some phone calls from community members with questions about this illness. Officials with the Western Dubuque Schools are working closely to monitor this situation with our local and state public health departments who will notify us if the need arises for closer surveillance. Due to the rapidly changing status of H1N1, guidance will change over the course of the investigations and we will keep you posted as necessary.

As with seasonal influenza, Iowans are urged to help prevent the spread of swine flu by taking the following precautions:

- \* When you cough or sneeze, cover your nose and mouth with a tissue or your sleeve (if you do not have a tissue). Throw used tissues in a trash can.
- \* After you cough or sneeze, wash your hands with soap and water, or use an alcohol-based hand gel.
- \* If you are ill with a respiratory illness (coughing and sneezing), stay home from work or school so you don't make others sick.
- \* Avoid close contact with others who are coughing or appear to be ill.
- \* Symptoms of swine influenza include fever (greater than 100 F), along with cough, sore throat, headache and body aches, and extreme tiredness. Some people have also reported diarrhea and vomiting associated with swine flu. If you have any of these symptoms, contact your health care provider.

Feel free to remain informed on the status of swine flu by visiting the following reliable websites:

<http://www.cdc.gov/swineflu>

[http://www.idph.state.ia.us/adper/swine\\_flu.asp](http://www.idph.state.ia.us/adper/swine_flu.asp)