

Information for Scout Leaders and Parents H1N1 Novel Influenza

Some Points for Scout Leaders to Remember:

- There is no need for your or members of your unit to panic: minimizing transmission is the objective-H1N1 is the flu, and can be prevented by common sense and cleanliness.
 - Make sure parents of Scouts in your unit take responsibility for their health or the health of their children- if Scouts or leaders are sick, they should stay home from meetings, events, and campouts.
 - Screen your Scouts for illness when they arrive at meetings, events, or campouts while their parents are still there to take them home if necessary
 - Encourage clean habits and hand-washing at unity meetings, events, and campouts
 - Make sure to check with the school or other location your unity may meet- if your meeting location closes for reasons relating to communicable illness you should NOT hold meetings there while it's closed.
 - Check Out the two websites below for up to date information
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What is H1N1 novel influenza (formerly known as swine flu)?

H1N1 novel influenza is a respiratory illness caused by a virus. H1N1 is a certain kind of influenza that can cause infection in humans.

What are the signs and symptoms of H1N1 novel influenza?

The symptoms are similar to seasonal flu:

Fever (above 100°)

Cough

Sore Throat

Stuffy nose

In some cases diarrhea and vomiting

How does H1N1 influenza spread?

When a person with flu coughs or sneezes.

Touch something with flu viruses on it and then touching your eyes, nose, or mouth.

What should I do if I get sick?

If you become ill with influenza-like symptoms, including fever, cough, sore throat, and stuff nose, you should:

Stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.

More information:

Iowa Department of Public Health
Lucas Building
321 E. 12th Street
Des Moines, IA 50319
www.idph.state.ia.us
515-281-7689

Centers for Disease Control and
Prevention:www.cdc.gov/h1n1/ 1-800-CDC-
INFO (800-232-4636) TTY: 1-888-232-6348

If you get sick with flu, stay home and avoid contact with other people as much as possible to keep from spreading your illness to others!