

Information for Scout Leaders and Parents

H1N1 Novel Influenza

Some Points for Scout Leaders to Remember:

- There is no need for you 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 unit meetings, events and campouts
 - Make sure to check with the school or other location your unit may meet-if your meeting location closes for reasons relating to communicable illness you should NOT hold meeting there while it's closed.
 - Check out the two websites below for up to date information
-

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°F)

cough

sore throat

stuffy nose

in some cases diarrhea and vomiting

How does H1N1 influenza spread?

When a person with flu coughs or sneezes.

Touching 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 stuffy 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:

Minnesota Department of Health:
www.health.state.mn.us Hotline: 1-877-676-5414
TTY: 651-201-5797

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!