

Influenza H1N1 (Swine flu)

What we should do in 4-H?

Information and guidance about the H1N1 virus is changing rapidly, but here are some general measures that we can take in 4-H.

1. **Make our members and their families aware of the following guidelines from the Centers for Disease Control (CDC).**

What You Can Do to Stay Healthy from CDC: <http://www.cdc.gov/h1n1flu/>

Stay informed. This website will be updated regularly as information becomes available.

Influenza is thought to **spread mainly person-to-person** through coughing or sneezing of infected people.

Take everyday actions to stay healthy.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

2. **Be aware of state and local public health guidance concerning school closures; public events, social distancing etc.**

If schools in your area are closed due to H1N1, consult with local public health officials, Statewide 4-H office and ANR Environmental Health & Safety about whether 4-H events should be curtailed.

3. **Use this event as an educational opportunity.**

Discuss the importance of good hygiene in preventing the spread of disease.

Discuss the importance of staying home from work or school when sick to prevent infecting others.

Links to additional information about Influenza H1N1 are on the ANR Environmental Health & Safety Website: <http://ucanr.org/h1n1> or <http://safety.ucanr.org/4h>

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