

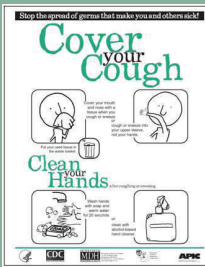
Critical Topic Update

H1N1 and Communicable Disease Prevention

What You Can Do to Stay Healthy (from the CDC)

1. Stay informed - The [Centers for Disease Control \(CDC\)](#) provides updates regularly as information becomes available. Accurate information and educational efforts will help ensure reasonable caution is part of programming and concern is kept in perspective.
2. Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people so take everyday actions to stay healthy:
 - a. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
 - b. Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
 - c. Avoid touching your eyes, nose or mouth. Germs spread that way.
3. 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.
4. Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
5. Find healthy ways to deal with stress and anxiety.

Prevention Posters from the CDC



Just a **CLICK** away

Additional H1N1 info:

[Key facts about H1N1](#)

[Questions and answers about H1N1 \(swine flu\)](#)

[Action Steps for Programs to Prevent the Spread of Flu](#)

[Action Steps for Staff to Prevent the Spread of Flu](#)

[Action Steps for Parents](#)

[Action Steps for Parents to Protect Your Child and Family from the Flu this School Year](#)

[Action Steps for Parents of Children at High Risk for Flu Complications](#)

General Recommendations for Youth Serving Organizations:

1. Develop a working relationship with local health officials and plan jointly for possible contingencies during the program season. Plans should include what to do if staff or participants become ill and how public health planning may effect your organization.
2. Review any applicable state laws regarding requirements around public health issues. Assure compliance with these requirements. Consult your risk management advisor for help with regulations and recommended practices.
3. Develop and communicate a plan for dealing with illnesses or health emergencies in facilities and programs. Your plan should be communicated to participants, parents of youth, staff and the community. Include contingency plans for facility shutdown, staff absenteeism and leadership changes. Provide regular updates to all stakeholders.
4. Develop a training program for staff regarding communicable disease prevention including specific information on how to recognize H1N1 and how to report possible cases of it.
5. Educational materials and information should be provided to youth, staff and parents. Materials and information, including some in other languages, are available from the [Centers for Disease Control \(CDC\)](#)



**Remember to help prevent panic, confusion and concern
by educating yourself, staff, children and parents.**

More information is available form your local health department and the [CDC](#).

Regular updates and more information is available from [Safe-Wise Consulting](#).

