

## **What is the difference between seasonal flu and H1N1?**

Seasonal flu viruses have been circulating for several seasons, allowing people to build up immunities to them. Most people do not yet have immunity to the new strain of H1N1 flu. A vaccine is available to prevent seasonal flu. A vaccine for H1N1 is being developed and is expected to be available this fall.

## **What are the symptoms of the H1N1 flu?**

Almost all people in Texas with confirmed H1N1 flu have had a sudden onset of fever and cough. Most have had a sore throat. Almost everyone with H1N1 flu has been taken care of at home and recovered in a few days.

## **What is a flu pandemic?**

A flu pandemic occurs when a new flu virus emerges that can infect and be easily spread among individuals because they do not have immunity. In a pandemic, people in a very large geographic area are affected. So far, the H1N1 virus has not been especially severe in Texas.

## **How can I avoid getting the infected with H1N1?**

You can protect yourself by washing your hands frequently with soap and water. You can also use an alcohol-based hand sanitizer. You should also avoid touching your eyes, nose, and mouth. Stay away from people who are sick (especially if they have symptoms of the flu). Get plenty of sleep, exercise regularly, manage stress, drink plenty of fluids, and eat nutritious foods.

We at Chapel Hill ISD take very seriously the safety and health of our students and staff. The cleaning staff has stepped up the cleaning process using a germicidal solution to clean doorknobs, faucets, and sinks in the restrooms and the other areas of heavy use. Good hand washing is being encouraged by posters, education and frequent reminders, etc. during the day.