

H1N1 Flu Virus Information for Students

Dear Parents & Students,

Every year as winter approaches, we begin hearing about the flu. This year we're hearing about a different flu season. That's because in addition to the regular or seasonal flu, we have to protect ourselves against the H1N1 flu virus that has been such a big story worldwide. I hope you find this information helpful in answering some questions about the H1N1 Flu Virus. The Ministry of Health will be providing more information about the H1N1 flu shot that is now available.

A few tips on preventing the spread of the flu



Good hand hygiene is the best way to prevent the spread of all flu viruses. Wash your hands with soap and water thoroughly and often throughout the day.



Keep an alcohol-based hand sanitizer (gel or wipes) handy at school (in your back pack) and at home. It needs to be at least 60% alcohol to be effective.



Cover your mouth and nose with a tissue when you cough or sneeze in class and dispose your tissue right after. Cough into your upper sleeve if you don't have a tissue.



Stay home when you are sick.



Keep common surfaces like your desk and locker clean and disinfected.

All information has been sourced from the Toronto Board of Health & Ministry of Health and LTC