



Guidelines by
The Scout Association of Malta

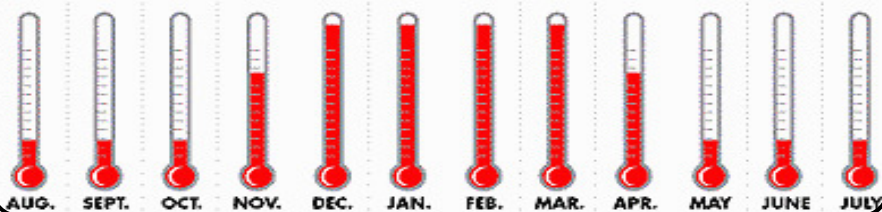
H1N1 Influenza

SWINE FLU:

Don't Be Scared — Be Prepared



Flu Season Peak Months



References

- <http://www.who.int/csr/disease/swineflu/en/index.html>
- http://www.cdc.gov/h1n1flu/guidance_homecare.htm
- <http://www.health.gov.mt/dsu/index.htm>



Hand Washing

Good hand washing protects against the spread of many illnesses - from the common cold (which is responsible for 22 million lost school-days each year) to more serious illnesses such as meningitis, flu, hepatitis A, and most types of infectious diarrhea.

Check here for any updates on www.maltascout.org.mt/h1n1.htm



When Should You Wash Your Hands?

- after using the bathroom
- after blowing your nose or coughing
- before eating, serving, or preparing food
- after touching pets or other animals
- after outdoor activities
- before and after visiting anyone who's sick
- when your hands are dirty

Guidelines for all members

- Early identification of ill campers (including leaders). If identified quarantine member until picked up.
- If you feel ill or have been in contact with ill persons than stay home (or away from others).
- Use proper cough, sneezing and hand hygiene etiquette.
- Use disposable hand towels to wipe hands or use your own personal towel.
- Do not share water bottles and cutlery items.

Guidelines for Leaders

- Plan ahead for contingency such as when certain leaders cannot make it for the meeting.
- If you are feeling sick and no other leader can replace you, than cancel the meeting.
Make sure you inform all members. Possibly send someone at the meeting place/time to inform any members which were unreachable.
- Create the right environment to promote hygiene practices. Teach by example.
- Adhere to any guidelines and/or instructions issued by the authorities from time to time.

H1N1 Symptoms (An infected person may have all or a few of the list below)

- Fever plus at least either cough or sore throat.
- headache, tiredness, runny or stuffy nose, body aches, chills, diarrhea, and vomiting.

How does the virus spread?

H1N1 is thought to spread in the same way that seasonal influenza. Viruses spread, mainly through the coughs and sneezes of people who are sick with the virus or by touching something with flu viruses on it and then touching mouth, nose or eyes.