

Test Your Knowledge

H1N1 and other flu-related questions for Twin Rivers employees and families



- Q.** What are the three main symptoms of 2009 H1N1 flu virus in people that the Sacramento County Health Department has asked schools to track?
- A.** **fever, cough, body aches**
- Q.** How far do droplets spread when a person coughs or sneezes?
- A.** **Six feet!** (Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza.)
- Q.** What are the two preferred techniques for covering coughs and sneezes?
- A.** using a **tissue or your elbow**
- Q.** What is the most recommended technique for reducing the spread of H1N1 and other flu viruses?
- A.** Encourage everyone to **wash their hands** often with soap and water or use hand sanitizer when a sink is not available.
- Q.** How long should you or one of your students remain home after they no longer have a fever without using fever-reducing drugs.
- A.** **24 hours** (Note: children and teenagers should not be given aspirin as this can cause a rare but serious illness called Reye's syndrome.)
- Q.** What three-digit phone number can people call to get information in multiple languages on H1N1 and other flu-related questions?
- A.** The County and City of Sacramento encourage all residents to call **2-1-1**.
- Q.** Who should get a flu vaccine?
- A.** The CDC recommends that **everyone** should get the seasonal flu vaccine and the H1N1 vaccine, as it becomes available - they are different vaccines.
- Q.** Who should wear a mask?
- A.** If a **child or employee becomes ill while at school**, they should put on a mask and be isolated as much as possible while they are waiting to be picked up.