

Information about H1N1 Flu for Children and Youth

You may have heard your friends, parents, teachers and people on TV talking about lots of people getting sick from a new kind of flu virus.

The new kind of flu is called the H1N1 flu virus. It is a flu that causes symptoms like those of the regular flu. While this kind of flu is new, it is very much like the regular flu that comes around every winter. Scientists continue to learn new things every day that will help us handle this new flu better.

Everybody feels and reacts differently. Hearing about a new flu virus can make some people worry about their health, while others may not even think about getting sick from the flu.

- Some kids, youth and adults may feel stressed, scared or helpless.
- Others may have trouble sleeping or concentrating on their homework.
- Some may not think much about it or may not worry about the flu at all.
- Others may think that if they have a sore throat or if they're feeling achy, that they have H1N1 flu.

What to do about H1N1 Flu

1. Keep calm and carry on with your life.
2. Talk to your parents, teachers, an elder or someone you trust about how you are feeling.
3. Understand that governments and health authorities already have a plan in place to protect the health of people who live in Manitoba and in other parts of Canada. They are prepared to handle this new flu.
4. You may feel frightened by stories or pictures you see in newspapers or on television. It's important to check with your parents, teachers, an elder or someone you trust, if you're scared about something or if you don't understand something that is said on TV or radio.
5. Sometimes, kids have trouble getting scary ideas and feelings out of their heads. That's when it's good to ask your parents or teachers to find a professional for you to talk with, to help you feel better.
6. Tell your parents or a teacher if you don't feel well.

Remember, these are the best ways to protect your health:

1. Wash your hands often, especially after using the washroom and before you touch food.
2. Cough into your sleeve or cover your nose and mouth with a tissue, then wash your hands.
3. Get enough sleep, eat healthy food and exercise every day.

Who to Call

If you want somebody to talk to in addition to your family, elders and teachers you can call the following places any time of the day or night:

Teen Touch 783-1116 or 1-800-563-8336 (No Charge)

Kids Help Phone 1-800-668-6868 (No Charge)