



This **podcast** answers the question: **What can I do to protect myself and my family from H1N1?**

GO TO → <http://www2a.cdc.gov/podcasts/player.asp?f=11322> and listen.
Then.....

Listen and answer

- 1.- What are the symptoms of H1N1 A Flu? Is diarrhea also possible?
- 2.- Are all the H1N1 flu cases severe?
- 3.- What medication is prescribed to treat or prevent infection?
- 4.- What do antiviral drugs do?
- 5.- What groups might be more likely to develop a severe illness from H1N1 flu infection?
- 6.- What effects do antiviral drugs have?

Listen and Complete

- 7.- How does the illness spread?

From person-to-person in respiratory droplets in coughs and(of infected people) when these are propelled through the and deposited The mouth or nose of people nearby.

- 8.- What happens when the droplets are deposited on objects?

If another person The objects and then touches his own mouth, nose or eyes themay also spread.

- 9.- What are the basic things people can do every day to reduce the risk of getting H1N1?

a.- wash their hands with(specially after you cough or)

b.- use alcohol-based hand cleaner when soap and wateravailable

c.- Cover your mouth and nose with a when youor cough and then throw it away

d.- Avoid your eyes, nose and mouth because that's

how spread . If you're sick don't go to or send your kids to

Only for teachers

Answers

- 1.- Fever, cough, sore throat, body aches, head ache, chills and fatigue. YES
- 2.- No
- 3.- Antiviral drugs
- 4.- They fight against flu by keeping flu viruses from reproducing.
- 5.- Persons with chronic medical conditions
- 6.- They can make the illness milder and make people feel better faster.
- 7.- sneezes - air - on
- 8.- touches - viruses
- 9.- soap and water - sneeze
Aren't
Tissue - sneeze
Touching - germs
Work - school