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Swine Flu H1N1: What you need to know

What is swine flu?

It is a mixture of swine, avian and human viruses and mutated viruses concern health officials due to their resistance to existing vaccines. A high fever, consistent cough, sore throat and possibly vomiting and diarrhea are the most common symptoms of swine flu, but those symptoms can be caused by countless other conditions as well. If you or someone you've been in close contact with has recently returned from Mexico and your flu-like symptoms persist, contact your doctor. Only a lab test can identify swine flu.

How to protect yourself

The following are recommended steps from the CDC:

- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

At this point the best advice is to take precautions and to not panic. The CDC will be issuing statements and advice as more information is known.

How does this affect Great Lakes Region Volleyball?

Tournaments, at this point are not being cancelled.

- ***Follow the recommended steps from the CDC***
- ***Use common sense – if you and/or anyone in your family is showing symptoms of being sick or has been exposed to someone who is sick don't attend practice(s) or competition.***
- ***At competition we will forgo the traditional hand shake before and after a match***
- ***Take precautions and don't panic.***