

# Pandemic H1N1 Influenza Virus Information

## Resources and information regarding the H1N1 Influenza Virus:

1. [Influenza Self Care Handout](#): this is an excellent handout from the Alberta Health Website with self care suggestions related to the H1N1 Influenza Virus.
2. Peace Wapiti School Division announcements and detailed information regarding the H1N1 Virus can be found at the following link:

### [Peace Wapiti School Division H1N1 Information](#)

3. The Government of Alberta Health and Wellness website is an excellent resource with provincial recommendations regarding the H1N1 influenza virus and recommendations for parents, students and public agencies. This website will be kept up-to-date regarding new developments and insights.

1. [About the virus](#)
2. [Prevention and treatment](#)
3. [Pandemic H1N1 influenza vaccine](#)
4. [How to care for yourself and others](#)
5. [Pandemic H1N1 influenza virus in Alberta, Canada and worldwide](#)

4. The Alberta Health Services website offers excellent advice for parents and schools regarding the H1N1 influenza virus:

### [Alberta Health Services](#)

5. The Public Health Agency of Canada website is an excellent resource regarding the H1N1 Virus including national insights and recommendations.

To access the Public Health Agency of Canada Website please select the following link:

<http://www.phac-aspc.gc.ca/alert-alerte/h1n1/interim-provisaires0819-eng.php>