



## **Novel Influenza A/H1N1 Virus**

NFCYM has received a number of inquiries regarding plans for the 2009 National Catholic Youth Conference in light of the emergence of a pandemic of novel influenza A/H1N1.

At this time, there are no public health advisories in place that should lead groups not to attend NCYC. NFCYM will continue to monitor the situation as flu season approaches. Any changes to its plans will be announced on its websites, [www.nfcym.org](http://www.nfcym.org) and <http://ncyc.nfcym.org>, and to registered group leaders and NFCYM member dioceses via email.

Like seasonal flu, novel influenza A/H1N1 virus is thought to be spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

As NFCYM cannot guarantee that all participants will follow the recommended precautions, it is strongly recommended that:

- All NCYC attendees take advantage of vaccines for both seasonal and H1N1 influenza as soon as they become available in their communities;
- Those who are concerned about their ability to attend NCYC investigate and purchase trip cancellation insurance;
- Those with underlying health concerns, pregnant women, and very small children not to attend NCYC;
- Those who are ill should not attend NCYC;
- Those who have been ill with influenza or an influenza-like illness should be fever free for the period prescribed by the CDC (currently 24 hours without the use of fever reducing medication); and
- Those who experience influenza-like symptoms while at NCYC immediately identify themselves to their group leaders and be quarantined at their hotels.

NFCYM will remind attendees during NCYC through verbal announcements and signage that the best way to avoid infection is to wash their hands frequently and to cough or sneeze into their upper arm to help to contain the spread of germs. NFCYM must rely on its NCYC group leaders and attendees to assist in curbing the spread of novel influenza A/H1N1 virus by taking these simple steps.

Further information on the novel influenza A/H1N1 and precautions to avoid infection are outlined on the Centers for Disease Control and Prevention (CDC) website at <http://www.cdc.gov/h1n1flu/>.

***Serving Those Who Serve The Young Catholic Church***

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