

“Swine Flu”

H1N1 Influenza A

What You Can Do to Stay Healthy

- **Stay informed.** This website <http://www.cdc.gov/swineflu/> will be updated regularly as information becomes available.
- Influenza is thought to **spread mainly person-to-person** through coughing or sneezing of infected people.
- **Take everyday actions to stay healthy.**
 - Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
 - Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
 - Avoid touching your eyes, nose or mouth. Germs spread that way.
 - Stay home if you get sick. The CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- **Follow public health advice** regarding school closures, avoiding crowds and other social distancing measures.
- **Develop a family emergency plan** as a precaution. This should include storing a supply of food, medicines, facemasks, alcohol-based hand rubs and other essential supplies.
- **Call 1-800-CDC-INFO for more information.**
- Symptoms of Influenza include fever, cough, sore throat, body aches, headache, chills, fatigue and in some cases vomiting and diarrhea.
- A child with influenza may be infectious for up to 10 days after illness onset with influenza while adults are thought to likely be infectious for 5-7 days.

Most importantly, realize that H1N1 influenza, or what is being called “swine flu”, is just a new strain of influenza. So use the same precautions you would take during flu season. Don’t panic, just follow the CDC website for any changes.

Preventing the Flu:

Good Health Habits Can Help Stop Germs

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick.

If possible, stay home from work, child care, school, and errands when you are sick, except to seek medical care. Keep sick children at home except to seek medical care. You will help prevent others from catching your illness.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. Throw the tissue in the trash after you use it. It may prevent those around you from getting sick.

4. Clean your hands.

Washing your hands and the hands of your children often will help protect you from germs.

5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

