

What is H1N1 (Swine Flu)?

H1N1 (referred to as “Swine Flu” early on) is a new influenza virus causing illness in people. Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.

What You Can Do to Stay Healthy?

1. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
2. Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
3. Avoid touching your eyes, nose or mouth. Germs spread that way.
4. Stay home if you get sick.
5. Maintain a healthy diet, drink plenty of fluids & eat nutritious foods.

Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.

Find healthy ways to deal with stress and anxiety.

Stay informed. This website http://www.cdc.gov/h1n1flu/#stay_healthy will be updated regularly as information becomes available.

Influenza usually starts suddenly and may include the following symptoms:

**Fever–Cough–Sore Throat–Body Aches–Headache–Chills–
Fatigue-Diarrhea-Vomiting**

If symptoms persist notify your physician!

Call 1-800-CDC-INFO for more information