

H1N1 Influenza – What You Need to Know #1

What is it?

H1N1 is also called the Swine Flu. It's the newest form of influenza, a virus that infects the lungs and airways, which means most people who get it will get sick.

What are things you can do to stay healthy?

Gets both regular and H1N1 vaccines when they are available.

Stay home if you're sick. Stay home until you are free of a temperature over 100° F. for a full day without the use of fever-reducing medication.

If you're still coughing or you have to go out with a fever, wear a mask.

Wash your hands!! Often!! Use soap and water or alcohol-based sanitizers if necessary. Wash your hands anytime you sneeze, cough, or blow your nose.

Cover your nose and mouth with a tissue, shirt sleeve, or your elbow. Do not use your hand.

Do your best to not touch your eyes, nose, or mouth to avoid spreading germs.

Keep a distance of 6 feet from people who are sick.

For more detailed information about novel H1N1 home care, visit www.cdc.gov/h1n1 or call 1-800-CDC-INFO

Provided by the Des Moines County Coalition to Fight the Flu