

# H1N1 FLU & YOU

## *Recommendations from the Kenosha County Division of Health*

### WHAT IS H1N1 FLU?

- Novel H1N1 (referred to as “swine flu” early on) is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. Other countries, including Mexico and Canada, have reported people sick with this new virus.

### HOW IS H1N1 FLU SPREAD?

- H1N1 flu virus spreads the same way as seasonal flu. Flu viruses are spread mainly from person to person through coughing or sneezing. People may become infected by touching their mouth or nose with infected hands.

### WHAT ARE THE SIGNS AND SYMPTOMS OF H1N1 FLU?

- Similar to the symptoms of seasonal flu and include:
  - fever greater than 100 degrees
  - body aches
  - coughing
  - sore throat
  - respiratory congestion
  - and in some cases diarrhea and vomiting

### WHAT CAN I DO TO PREVENT FROM GETTING SICK?

- Cover your nose and mouth with a tissue when you cough or sneeze, or cough/sneeze into your sleeve. If you use a tissue, throw it in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Try to avoid close contact with sick people.
- If you get sick, stay home from work or school and limit contact with others to keep from infecting them.
- Avoid touching your eyes, nose or mouth to reduce the spread of germs.

### WHAT SHOULD I DO IF I BECOME SICK?

- If you become ill with influenza-like symptoms, including fever, body aches, runny or stuffy nose, sore throat, nausea, or vomiting or diarrhea, you should **STAY HOME** for at least 24 hours after fever is gone without the use of fever-reducing medications.
- To “**STAY HOME**” is to **NOT LEAVE** your home except to seek medical care. This includes avoiding all normal activities, including work, school, travel, shopping, social events, and public gatherings.
- If you have severe illness or you are at high risk for flu complications, contact your health care provider or seek medical care. Your health care provider will determine whether flu testing or treatment is needed.

### FOR MORE INFORMATION

- Visit the Centers for Disease Control and Prevention (CDC) H1N1 Flu website at <http://www.cdc.gov/h1n1flu/>.
- Contact the Kenosha County Division of Health at (262) 605-6700 or 1-800-472-8008.

