H1N1 Influenza (aka Swine Flu) Facts

**Signs and symptoms**

Fever (≥ 100°F or 38°C) and any 1 of: cough, sore throat, nasal congestion, and runny nose

Additional symptoms:
- diarrhea, vomiting, body & muscle aches, headache, chills, fatigue, shortness of breath

**How does it spread?**

This flu spreads like the regular flu – through close contact (being within 6 feet).

Kissing, hugging, sharing cups etc. can expose you to respiratory droplets containing the flu.

You can also get exposed by touching a surface that has respiratory droplets on it then touching your nose or mouth before washing your hands.

**How can I stay healthy?**

Cover your nose & mouth with tissue when you sneeze or cough then throw the tissue away.

No tissue? Sneeze/cough into your elbow.

Avoid touching your eyes, nose, and mouth.

Wash your hands often (for at least 15 seconds). No soap and water? Use hand sanitizer.

**What if I get sick?**

Follow the advice about staying healthy while you’re recuperating and afterwards.

The CDC recommends that you *stay home for at least 24 hours after your fever is gone (without the use of a fever-reducing medicine).*

Call the Health Center (x2331) to report your symptoms.