

H1N1 Flu & You



What is H1N1 Flu?

H1N1 Flu (swine flu) is a respiratory illness caused by a *new* strain of flu.

How do I get it?

Just like seasonal flu, H1N1 is spread through coughing or sneezing or by touching objects contaminated with the flu virus.

How do I know I have it?

Symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue.

Can I prevent it?

- Get the H1N1 vaccine when available
- Cover nose and mouth with a tissue when you cough or sneeze
- Wash hands often with soap and water
- Avoid touching eyes, nose or mouth
- Stay home when sick
- Stay informed and follow public health advice

Hand Washing Tips-

- Use soap and running water
- Rub hands vigorously for 20 seconds
- Wash all surfaces including backs of hands, wrists, between fingers & under nails
- Rinse well
- Dry hands with paper towel
- Turn off water with paper towel instead of hands

Who gets the vaccine first?

- Pregnant women
- People who live with or care for infants younger than 6 months of age
- Healthcare and emergency services personnel (Emergency medical services personnel are persons who provide emergency medical care as part of their normal job duties.)
- Persons between the ages of 6 months and 24 years
- People ages 25-64 years of age who are at higher risk because of chronic health disorders or compromised immune systems

Everyone can get the vaccine once it is readily available

Where can I get extra information?

- www.flu.gov
- www.cdc.gov
- www.macombcountymi.gov/publichealth or 586-466-7923

