

# FACTS ABOUT H1N1/SWINE FLU

A message from XXXXX  
and the Health & Safety  
Council of Strafford County



# What is H1N1/swine flu?

- Novel H1N1 (swine) flu is a contagious acute respiratory disease caused by a new influenza virus. In most people, the symptoms and severity are similar to seasonal flu.

# What is a pandemic?

- A pandemic is a contagious disease that has spread around the world. It has nothing to do with the severity of the disease.



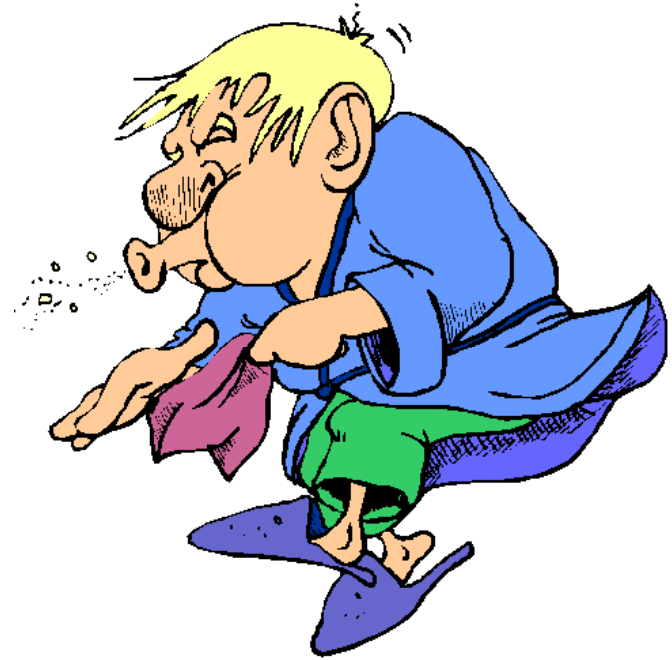
# How to stay healthy

- Wash you hands
- Cough into a tissue or your sleeve...do NOT cough into your hands.
- Use only your own glasses & utensils
- Get plenty of sleep, exercise, and eat a healthy diet.



# Symptoms of the H1N1/swine flu

- Symptoms are similar to seasonal flu and include:
  - Fever (greater than 100° F)
  - Sore Throat and/or Cough
  - Chills
  - Headache and Body aches
  - Fatigue



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# If you have the flu stay home.

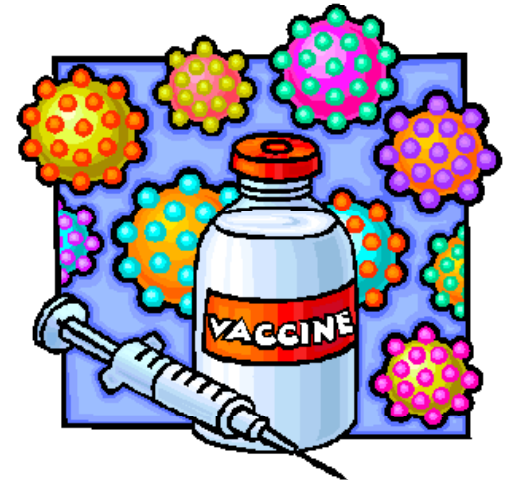
- No matter what flu you have (seasonal or H1N1) you should **STAY HOME** from school or work when sick.
- Do not return to school or work until 24 hours after your symptoms have ended.
- Most people experience mild symptoms.
- If you are pregnant, have a chronic illness, or are experiencing severe symptoms call your doctor.



# Will I get an H1N1 vaccine?

- H1N1 vaccine is expected to arrive in NH by mid-October.
- As vaccine arrives, it will be distributed first to those at higher risk of complications and eventually to more residents.

**Don't forget! You should still get your seasonal flu shot!**



## For more information:

- US Department of Health & Human Services  
[www.flu.gov](http://www.flu.gov)
- NH Department of Health & Human Services  
[www.nh.gov/flu](http://www.nh.gov/flu)  
**1-888-330-6764**

