

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.



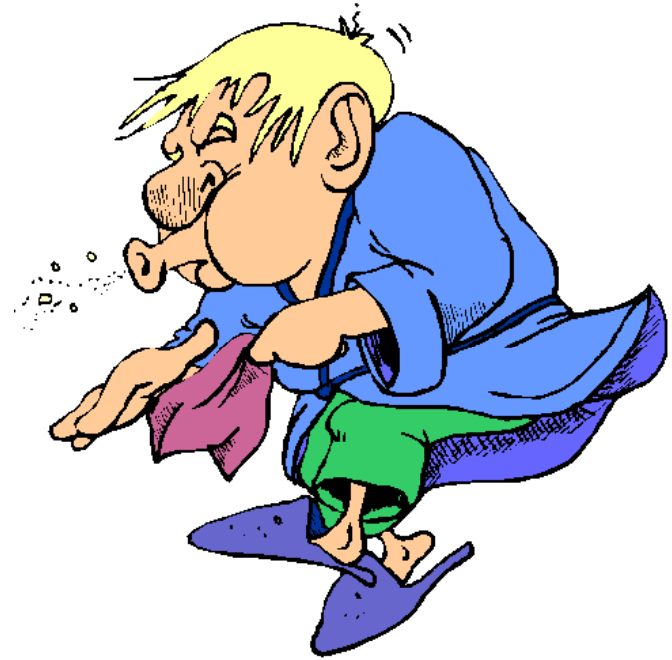
How to stay healthy

- 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.

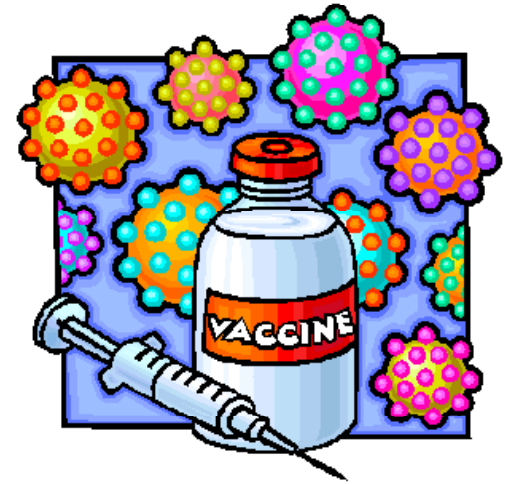
- No matter what flu you have (seasonal or H1N1) you should **STAY HOME** from school or work when sick.
- Do not return to school or work until 24 hours after your symptoms have ended.
- Most people experience mild symptoms.
- If you are pregnant, have a chronic illness, or are experiencing severe symptoms 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
- NH Department of Health & Human Services
www.nh.gov/flu
1-888-330-6764

