

## How can I help prevent the spread of the H1N1 flu?



- ◆ Stay home if you are sick.
- ◆ Do not return to work or school until 24 hours after your symptoms have ended.

- ◆ Cover your cough and sneeze with a tissue. Throw the tissue away after you use it. If you don't have a tissue, cough or sneeze into the upper part of your sleeve.



## What can I do to prepare for the flu season?

- ◆ Stock up on food and supplies, such as over-the-counter medications, tissues, soup and juice, in case you get sick.
- ◆ Plan what you will do to care for a sick family member to prevent the spread in your home.
- ◆ Prepare for school cancellations.



## For More Information

NH Department of Health & Human Services  
<http://www.nh.gov/flu>

US Department of Health & Human Services  
[www.flu.gov](http://www.flu.gov)

Centers for Disease Control & Prevention  
[www.cdc.gov](http://www.cdc.gov)

Health & Safety Council of  
Strafford County  
[www.healthandsafetycouncil.org](http://www.healthandsafetycouncil.org)

### Contact the Health & Safety Council of Strafford County for the following information:

- ◆ H1N1 or Seasonal Flu Information.
- ◆ Publication Materials regarding H1N1, Seasonal Flu or other public health issues.
- ◆ A brief presentation for your business or organization on H1N1 prevention and preparedness.



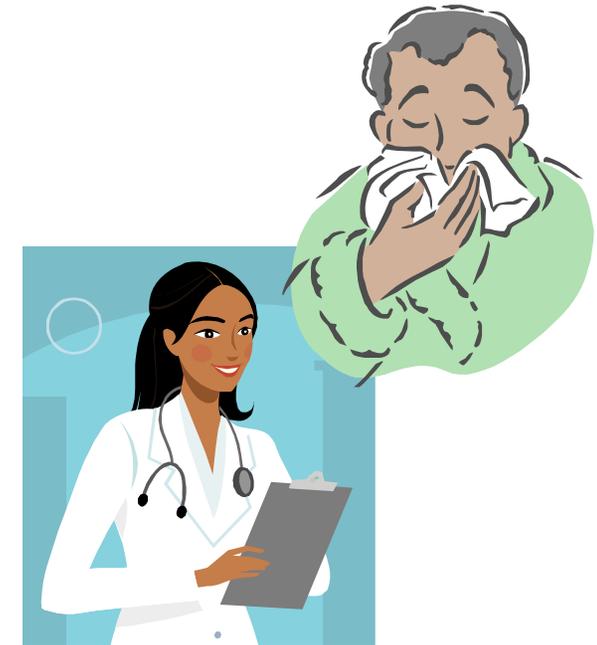
The Health & Safety Council  
of Strafford County  
652F Central Ave, Dover, NH 03820  
(603) 335-0168  
[www.healthandsafetycouncil.org](http://www.healthandsafetycouncil.org)

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# H1N1 Flu

(Swine Flu)

## Your Questions & An-

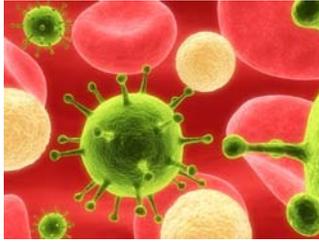


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## What is H1N1?

- ◆ H1N1, often called Swine Flu, is an acute respiratory disease .



- ◆ It is a novel influenza virus, or new virus, that most people have not been previously exposed to.

## What is a Pandemic?

- ◆ A Pandemic is a contagious disease that has spread around the world.



- ◆ It describes how contagious a disease is - not the severity of it.

## How is H1N1 Spread?

H1N1 is spread through the germs in a cough or sneeze.

You can become sick by:

- ◆ Breathing in these germs.
- ◆ Touching a surface, such as a doorknob, with a flu germ on it, and then touching your eyes, mouth and/or nose.



## What are the Symptoms of H1N1?

- ◆ Fever (over 100 degrees)
- ◆ Sore throat and/or Cough
- ◆ Chills
- ◆ Headache and Body Aches
- ◆ Fatigue



## What Can I do to Avoid the Flu?



- ◆ Wash your hands with warm, soapy water OR an alcohol-based hand sanitizer.
- ◆ Cough or sneeze into a tissue or upper sleeve.
- ◆ Avoid touching your eyes, nose and mouth.
- ◆ Practice healthy habits to keep your immune system strong. Get plenty of sleep, eat healthy foods & be physically active.
- ◆ When possible, avoid sick people.
- ◆ Speak with your healthcare provider about the seasonal and H1N1 vaccine.



## Contact Your Doctor

Contact your doctor if you have any of the following symptoms:

- ◆ Confusion
- ◆ Sudden dizziness
- ◆ Difficulty breathing or shortness of breath
- ◆ Pain or pressure in the chest or abdomen
- ◆ Severe or persistent vomiting
- ◆ Flu-like symptoms that go away, then return with a fever and worse cough



Contact your doctor if you child has any of the following symptoms:

- ◆ Fast or troubled breathing
- ◆ Bluish or gray skin
- ◆ Severe or persistent vomiting
- ◆ Not waking or interacting
- ◆ Not drinking enough fluids
- ◆ Irritable to the point of not wanting to be held
- ◆ Flu-like symptoms that go away, then return with a fever and worse cough.