

H1N1 Health Alert

Look for these symptoms:

FEVER (GREATER THAN 100°F) AND

- Cough
- Sore throat
- Runny or stuffy nose

Other symptoms may include:

- Body aches
- Headache
- Fatigue
- Chills
- Diarrhea
- Vomiting

H1N1 has been causing more illness in younger age groups than seasonal Flu. People with certain chronic medical conditions and pregnant women may be at higher risk for severe illness

IF YOU THINK YOU HAVE H1N1 FLU:

- **Stay at home** except to seek medical care. Do not go to work or school.
- **When a child can return to school.** A child can return to school after 24 hours with out a fever. The child's temperature needs to be taken 3 times to determine the 24 hours with out a fever. Once in the morning, evening, and the next morning. If all three are under 100°F then they can return to school.
- **Be aware, H1N1 flu spreads easily. Others in the household of a person that has flu like illness should be taking their temperature 2 times a day to watch for fever. If someone has a temperature above 100°F or other flu symptoms they should call their doctor.**
- **If your symptoms continue to get worse seek medical attention.**



EVERYONE SHOULD:

- **Cover your mouth and nose** with a tissue when you cough or sneeze
- **Wash your hands** often with soap and water or use an alcohol-based hand gel, until soap and water is available.
- **Avoid touching your eyes, nose or mouth**
- **Avoid Contact with ill persons.**

For more information:

- Visit <http://www.cdc.gov/h1n1>
- Contact CDC 24 Hours/Every Day
 - 1-800-CDC-INFO (232-4636)
 - TTY: (888)232-6348
 - cdcinfo@cdc.gov
- Contact your local health department.

