

# H1N1 INFLUENZA UPDATE

H1N1 “originally called “swine flu”) is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. This virus is spreading from person-to-person, probably in much the same way that regular seasonal influenza viruses spread.

It’s uncertain at this time how severe this novel H1N1 outbreak will be in terms of illness and death compared with other influenza viruses. Because this is a new virus, most people will not have immunity to it, and illness may be more severe and widespread as a result. In addition, currently there is no vaccine to protect against this novel H1N1 virus.

Get your home “**FLU READY**”.

- ✓ Use the Emergency Preparedness Shopping List to be prepared in case you or family members get sick and need to stay home for a week or so.
- ✓ Designate a “sick room” (and bathroom, if possible) to isolate the ill person from the rest of the family, and to prevent them from further contaminating the rest of your home.

## YOU CAN STOP THE FLU!



**PROMOTE** ... a strong immune system!

- ✓ Get plenty of rest.
- ✓ Exercise for at least 30 minutes on most days.
- ✓ Choose a healthy diet that includes lots of fruits, vegetables and whole grain foods.

**PROTECT** ... yourself against germs!



- ✓ Wash hands *frequently* with soap and warm water for 20 seconds, or use a hand sanitizer with at least 60% alcohol.
- ✓ Avoid touching your eyes, nose, and mouth. Germs spread hand-to-face.
- ✓ Stay 4-6 feet away from people who are sick, coughing, or sneezing.
- ✓ Get a flu shot to protect you from seasonal influenza.

**PREVENT** ... the spread of germs!



- ✓ Cough or sneeze into the crook of your arm (or sleeve) not into your hands. If you cough or sneeze into a tissue cover both your nose and mouth and when finished throw away the tissue and wash your hands right away.
- ✓ When you are sick, stay home... from work, school, or doing errands to help prevent infecting others. The CDC recommends that you stay home if you are sick for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer.