

H1N1 Flu Information

Recognize the Symptoms

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Fatigue
- Possibly vomiting and diarrhea



H1N1 Information & Resources

Centers for Disease Control
<http://www.cdc.gov/h1n1flu>
1-800-232-4636

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Protect Yourself, Your Family and Your Community

- **Stay informed.** Visit the CDC H1N1 Flu site address on the front of this card.
- **Cover your nose and mouth with a tissue when you cough or sneeze.** Throw the tissue in the trash after you use it.
- **Wash your hands often with soap and water,** especially after you cough or sneeze. Alcohol-based hand sanitizers are also effective.
- **Avoid touching your eyes, nose and mouth.** Germs spread this way.
- **The CDC recommends if you are sick with a flu-like illness, stay home for at least 24 hours after your fever (100° F or higher) is gone,** except to get medical care. (Your fever should be gone without the use of fever-reducing medicine). You should check with your employer about other guidelines for returning to work.
- **Learn more about how to take care of someone who is ill** on the CDC website at *Taking Care of a Sick Person*.
- **If you don't have one yet, consider developing a family emergency plan** as a precaution. This should include storing a supply of extra food, medicines and other essential supplies. Further information can be found in the *Guidance* section of the CDC website.

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