



3 Simple Steps to Avoid H1N1

- ① Cover Your Cough**
 - Don't let your germs get into the air.
 - Use a tissue to cover your face or cough/sneeze into the bend of your elbow.
- ② Wash Your Hands**
 - Use soap and warm water and wash for at least 15 seconds.
- ③ Stay Home When You're Sick**
 - If you're sick, you don't want to spread your germs to others. Stay home at least 24 hours after your fever goes away.

Bonus prevention tip –try not to touch your eyes, nose or mouth. That is an easy way for germs to spread from your hands into your body.

Symptoms of H1N1

Symptoms of the H1N1 flu are similar to the seasonal flu including fever, cough, body aches, runny nose, sore throat, and sometimes vomiting and/or diarrhea.

When to Call the Doctor

In most cases, you don't need to see your doctor when you have H1N1 or the seasonal flu. However, you should call your doctor if your symptoms worsen dramatically or if you have an existing chronic health problem or compromised immune system.

When to Seek Emergency Care

Go to the Emergency Room if you have trouble breathing, you have severe vomiting, you're not able to drink enough fluids, you have pain or pressure in the chest or abdomen, or if your flu symptoms improve then return with fever and a worse cough.



Get More Information

www.flu.gov

www.cdc.gov/h1n1flu

www.SummitHealth.org

www.facebook.com/SummitHealth

Publication of this document has been made possible by:



Capital BlueCross

An Independent Licensee of the Blue Cross and Blue Shield Association

The content of this document was approved by Mohammed Ali, M.D., Infectious Disease Specialist with Cumberland Valley Infectious Diseases, an affiliate of Summit Health.