

# Influenza A (H1N1) Facts

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It may seem too simple, but it's true...these few steps can help to protect you from getting H1N1 flu (formerly known as "swine flu"):

## 1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

## 2. Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

## 3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. If a tissue is unavailable, cough or sneeze into your elbow.

## 4. Clean your hands.

Washing your hands thoroughly and often will help protect you from germs.

## 5. Avoid touching your eyes, nose, or mouth.

Germs are often spread when someone touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

## 6. Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Viruses are mainly spread when people infected with influenza cough or sneeze, so following these steps can help prevent viruses from infecting you. Sometimes people may become infected by touching something with flu viruses on it, and then touching their eyes, mouth, or nose.

Infected people may be able to infect others beginning one day before symptoms develop and up to seven or more days after becoming sick. That means you could pass the flu on to someone else before you know you are sick, as well as when you are sick.

Symptoms of H1N1 flu are similar to the symptoms of regular flu:

- Fever
- Headache
- Cough
- Chills
- Fatigue
- Sore throat
- Body aches

Some people have reported diarrhea and vomiting associated with H1N1 flu.

**For more information** about H1N1 flu, visit [www.BoulderCountyHealth.org](http://www.BoulderCountyHealth.org), or call the Colorado H1N1 Hotline: 1.877.462.2911 24 hours a day.



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