

H1N1 Flu Facts to Help You Stay Healthy

As students head back to school, federal, state, and local officials are bracing for a fall and winter flu season that could, thanks to the H1N1 flu virus, be more severe than in most years. Now is the time to learn some basic facts about the flu that could help you and your family stay healthy.

- **FACT:** The H1N1 flu is spread person-to-person, although how easily is not yet known.
- **FACT:** To stay healthy, wash your hands; avoid touching your eyes, nose, or mouth to prevent the spread of germs; get plenty of sleep; be physically active; manage your stress; drink plenty of fluids; and eat nutritious food. Avoid touching surfaces that may be contaminated with the flu virus, and avoid close contact with people who are sick.
- **FACT:** The symptoms are similar to those of seasonal flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. Diarrhea and vomiting may also occur.
- **FACT:** The illness may last a week or longer.
- **FACT:** If you get sick, stay home and minimize contact with others for seven days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer. Cover your coughs and sneezes with a tissue and then throw the tissue away.
- **FACT:** If your illness is severe or you are at high risk for flu complications, seek medical care. Antiviral drugs may be prescribed.

For more information about the H1N1 flu, log onto **www.pandemicflu.state.pa.us** or **www.cdc.gov/h1n1flu**.