

Prevent H1N1 Flu!

Everyone should:

- Cover your coughs and sneezes. Use your sleeve or a tissue. Throw used tissues in the trash and wash your hands.
- Wash hands often with soap and water. No soap and water? Use an alcohol based hand sanitizer.
- Keep your hands away from your eyes, nose and mouth.
- Avoid people who are sick.

Think You Have H1N1 Flu?

- Stay home except to go to the doctor. Stay home until fever (100° F / 38.7° C) is gone for at least 24 hours. (Your fever should be gone without taking medicine.)
- Do not go to work, school or travel.
- Avoid close contact with others.



Symptoms of novel H1N1 Flu:

Fever with:

- Cough
- Sore throat
- Stuffy or runny nose

Other symptoms could include:

- Headache
- Chills
- Fatigue
- Body aches
- Vomiting, diarrhea



Adapted from Health Alert: Novel H1N1 Flu. Centers for Disease Control and Prevention.

Wake County Human Services Communicable Disease Program

10 Sunnybrook Road, P.O. Box 14049

Raleigh, NC 27620-4049 919-212-7000

www.wakegov.com/flu

[www.Twitter.com/Ready Wake](https://www.Twitter.com/ReadyWake)

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