

Protect Your Health and **STOP**

Spread of **H1N1**

- Wash your hands often with soap and water for 20 seconds (long enough to sing Happy Birthday twice). Alcohol-based hand sanitizers can be used if soap and water are not available.



- Avoid touching your eyes, nose, or mouth. **Germ**s spread this way.

- Avoid close contact with sick people.

- Cover your nose and mouth with a tissue when you cough and sneeze. Throw the tissue in the trash after it is used.
- Drink clear fluids such as water, broth, sports drinks, and electrolyte beverages for infants to keep from being dehydrated.
- Be prepared in case you get sick and need to stay home for a week or so.
- Stay home for at least 24 hrs. after your **fever** is gone without the use of fever reducing drugs.

Warning Signs

When Urgent Medical Attention is Needed

In Children:

Fast breathing or trouble breathing

Bluish or **gray** skin color

Not drinking enough fluids

Severe or persistent vomiting

Not waking up or not interacting

Being so irritable that the child does not want to be held

Flu-like symptoms

improve but then return

with fever and worse

cough



In Adults:

- Difficulty breathing or shortness of breath

- Pain or pressure in the chest or abdomen

- Sudden *dizziness*

- Confusion

- Severe or persistent vomiting

- Flu-like symptoms improve but then return with fever and worse cough