

Protecting Yourself and Your Family

H1N1 is a virus passed (1) through the droplets of sneezes and coughs, and (2) by touching surfaces infected by people with influenza. Protecting yourself is easier than you think:

Use a tissue to cover your cough and sneeze. If you do not have a tissue, cough or sneeze in your sleeve, not your hand.

Covering your cough is key to preventing the spread of the virus. Dispose of the tissue immediately and wash your hands. Coughing or sneezing into your sleeve avoids infecting your hands and keeps germs from spreading to people or surfaces around you.

Keep your hands away from your face and don't touch your mouth, nose or eyes.

Germs on your hands can easily spread to your mouth, nose and eyes when you touch your face.

Wash your hands with soap often (or use an alcohol-based hand sanitizer)

Germs can live for up to 8 hours on all the surfaces you touch. Take the time—every time—to wash your hands when you've been in public (that goes for meetings, the supermarket, school, the park...anywhere your hands touch something other hands have touched). And especially before you eat.

A Hand-Washing Tutorial

1. Wet hands with clean water and soap.
2. Scrub all parts of your hands (including backs, between fingers, under nails) with a soapy lather as long as it takes to sing "Happy Birthday" twice (about 20 seconds).
3. Rinse well.
4. Dry using a paper towel (or at home, your own designated towel).
5. If possible, turn of the faucet handle with your paper towel.

Keep frequently used surfaces clean.

Stay home if you get sick.

COLD OR FLU

SYMPTOM	COLD	FLU
FEVER	LESS COMMON	SUDDEN ONSET > 101.4
HEADACHE	MILD OR ABSENT	PROMINENT
MUSCLE ACHES	MILD OR ABSENT	PROMINENT
FATIGUE, WEAKNESS	MILD OR ABSENT	EXTREME
RUNNY NOSE/ CONGESTION/ SNEEZING	MILD OR ABSENT	LESS COMMON
COUGH	LESS COMMON	COMMON, DRY, HACKING AT ONSET
EYE SYMPTOMS	WATERY EYES	SENSITIVITY TO LIGHT PAIN ON MOTION OFTEN RED EYES
DIARRHEA/ VOMITING	RARE	UP TO 25% HAVE RED EYES
SORE THROAT	OFTEN	OFTEN

Seek medical evaluation as soon as possible if you have flu or viral illness and any of the following symptoms:

- Fever greater than 101 or increasing over 2-3 days
- Fever that does not resolve with medication (acetaminophen or ibuprofen)
- Difficulty breathing or shortness of breath (not due to nasal congestion)
- Severe headache or neck stiffness or pain
- Pain or pressure in the chest or abdomen
- Dizziness or confusion
- Vomiting
- Rash
- Difficulty swallowing fluids
- Flu-like symptoms not improving in 2-3 days
- Flu-like symptoms that were improving, but now are getting worse

SELF CARE IDEAS FOR FLU OR FLU LIKE SYMPTOMS

1. Stay at home.

This step cannot be stressed enough. Staying at home is one of the best ways to keep H1N1 from spreading.

- 2. Isolate** yourself at least **24 hours until after your fever ends naturally** (without the use of fever-reducing medication). Except to get medical care, stay home during the flu and avoid contact with others.
- 3. Cover your coughs and sneezes** with a tissue, and throw tissues away or **sneeze into your sleeve, not your hand.**
- 4. Drink plenty of clear fluids** (such as water, broth, sports drinks, electrolyte beverages for infants) to keep hydrated and better control of your temperature.
- 5. Wash your hands frequently.** Use alcohol based hand sanitizers after coughing, sneezing, or wiping your nose to help reduce the spread of the virus.

NASAL CONGESTION

- Use an OTC decongestant (pseudoephedrine). You may have to ask the pharmacist for this medication since it is now being placed behind the counter.
- Phenylephrine OTC is available without asking the pharmacist.

RUNNY NOSE AND SNEEZING

- Try an antihistamine although they may cause drowsiness
- Examples of antihistamine: Loratadine (Claritin)
Fexofenadine (Allegra)
Certirizine (Zyrtec)
Chlorpheniramine (Chlor0Trimeton and Singlet)
Benadryl

COUGH

- Try a cough suppressant. Examples: Robitussin DM

SORE THROAT OR NASAL CONGESTION

- Use saline spray or mouth wash. Buy OTC or (Mix ½ teaspoon of salt and 8 ounces of warm water in a clean container)
- Throat lozenges or hard candy to stimulate saliva and help soothe your throat

FEVER, CHILLS OR BODY ACHES

- Use an NSAIDS like ibuprofen (ADVIL or MOTRIN) or naproxen (ALEVE)
May cause stomach upset
- Use acetaminophen (TYLENOL) instead if stomach upset occurs

