



Questions and Answers

H1N1 Flu

1. What can I do to protect myself and my family from getting sick?

There is no immunization or vaccine available right now to protect against H1N1 swine flu. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol – based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you get sick with influenza, and limit contact with others to keep from infecting them.

2. What is the best way to keep from spreading the virus through coughing or sneezing?

- If you are sick, limit your contact with other people as much as possible.
- Do not go to work or school if ill.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Put your used tissue in the waste basket.
- Cough or sneeze into your arm if you do not have a tissue.
- Then, clean your hands, and do so every time you cough or sneeze.

3. When should I contact a doctor?

- a. Call your health care provider or visit a walk-in clinic if you or a family member have the following symptoms:
 - Fever of 100 degrees or greater and recent onset of at least one of the following symptoms:
 1. sore throat
 2. cough
 3. runny nose or nasal congestion
- It is recommended to call and consult with your health care provider prior to going to the office. The emergency room should be used as a last resort

4. In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids; not urinating or no tears when crying
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Their symptoms improve, but then return with fever and worse cough