

Influenza

H1N1

Formerly called swine flu

What is it?

- Viral infection of the respiratory tract.
- Affects all age groups.

Symptoms

- Start suddenly
- Fever, cough, sore throat, body aches and fatigue
- Some people have reported diarrhea and vomiting.

How spread

- **Spread from person to person**
- **by droplets from the nose, throat and mouth,**
- **through sneezing, coughing and speaking.**

**NOT SPREAD BY
EATING PORK OR
PORK PRODUCTS**

How long are you contagious?

- Usually 1 day prior to the onset of symptoms,
- for up to 7 or more days after becoming ill.

Is there a treatment?

Yes, your health care provider will determine if testing or treatment is needed.

Do not give children or teens aspirin or aspirin products.

How to prevent

- Avoid contact with infected or sick people whenever possible.
- Cough or sneeze into a tissue and dispose of immediately.
- Wash hands frequently and after coughing or sneezing.

How to prevent

- Alcohol-based hand cleaners are also effective.
- DO NOT touch your eyes, nose, or mouth. Germs spread that way.
- **If you are sick, stay home and avoid contact with others.**

Hand Washing Instructions

- Use soap and running water
- Rub your hands vigorously for 20 seconds
- Wash all surfaces, including:
 - Back of hands
 - Wrists
 - Between fingers
 - Under fingernails
- Rinse well
- Dry hands with paper towel
- Turn off faucet with towel, not bare hands.

For more information, call

- (248) 858-1406
- Or toll free at
- 1 (800) 848-5533