

# H1N1 (Swine Flu) – Are you at risk?

## Tips for Staying Healthy

1. **Keep a healthy lifestyle** – get enough rest, exercise, eat healthy and relax.
2. **Wash your hands often** with soap and water for 20 seconds or use an alcohol-based hand cleaner if soap and water are not available. Be sure to wash your hands after coughing, sneezing, or blowing your nose.
3. **Avoid touching your nose, mouth, and eyes.** Germs spread this way.
4. **Cover your coughs and sneezes with a tissue**, or cough and sneeze into your elbow. Throw tissues away in no-touch trash cans.
5. **Keep surfaces clean**, such as telephones, computer keyboards, doorknobs, and anything else that lots of people touch.
6. **Do not use other people's phones, desks, pens, or other items** - If you need to share, clean it first.
7. **Don't spread the flu! If you are sick with flu-like illness, stay home.** Symptoms of flu include fever (100 degrees Fahrenheit or more) or chills *and* cough or sore throat. Other symptoms of flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting. CDC recommends that everyone stay home if they are sick with flu-like illness until at least 24 hours after they are free of fever without the use of fever-reducing medicines.

**EVERYONE** is at Risk for H1N1.

Those most at risk of getting very sick should get shots to protect them from the virus as soon as they are available.

## Those found to be most at risk are:

- Pregnant women
- Anyone caring for a child less than 6 months of age
- Healthcare and emergency medical services workers
- All people from 6 months through 24 years of age
- Persons aged 25 through 64 years with underlying health conditions

**Talk to your doctor about getting shots as soon as possible.**

**For questions about the H1N1 vaccine call the State Health Department @ 1-800-808-1987; Your local Health Department; or Mothers & Babies Perinatal Network @ 1-800-231-0744**

