

Get the facts about the **FLU**

What are the differences between seasonal flu and novel H1N1 flu?

Novel influenza A (H1N1), commonly referred to as swine flu, is a new influenza virus. However, there are not many differences. They are spread the same way and have many of the same symptoms.

How can I get the flu?

Flu viruses spread from person-to-person through coughing or sneezing of infected individuals. You can also get the flu by touching something with the flu virus on it and then touching your mouth or nose.

What are the signs and symptoms of the flu viruses in people?

The symptoms of novel H1N1 virus are similar to the symptoms of seasonal flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. A significant number of people who have been infected with the novel H1N1 virus also have reported diarrhea and vomiting.

Are there vaccines available to prevent these flu viruses?

The seasonal flu vaccine will be available in this county in the coming weeks. Companies are also currently developing a novel H1N1 vaccine that could be available to certain high-risk groups by mid-October. Remember, getting the flu vaccines is **NOT** mandatory, but encouraged.

What should I do to keep from getting or giving the flu to others?

Wash your hands. Try not to touch surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick. Try to stay in good general health. **Stay home from work or school until you are fever-free for 24 hours without taking fever-reducing medicines.**



Southeast Health District
"Keeping Communities Safe and Healthy"

For more information,
call **375-2425**.

