

H1N1 Novel Influenza

What is H1N1 novel influenza (formerly known as swine flu)?

H1N1 novel influenza is a respiratory illness caused by a virus. H1N1 is a certain kind of influenza that can cause infection in humans.

What are the signs and symptoms of H1N1 novel influenza?

The symptoms are similar to seasonal flu:

- fever (above 100°F)
- cough
- sore throat
- stuffy nose
- in some cases diarrhea and vomiting

How does H1N1 influenza spread?

- When a person with flu coughs or sneezes.
- Touching something with flu viruses on it and then touching your eyes, nose, or mouth.

What can I do to protect myself from getting sick?

- Cover your nose and mouth with a tissue every time you cough or sneeze. Throw the used tissue in the waste basket.
- If you don't have a tissue, sneeze or cough into your sleeve.
- Clean your hands often with soap and water or an alcohol-based hand cleaner.
- Avoid touching your eyes, nose or mouth.
- Avoid close contact with people who are sick, if possible.
- Stay healthy: eat nutritious foods, get enough sleep, and exercise.

What should I do if I get sick?

If you become ill with influenza-like symptoms, including fever, cough, sore throat, and stuffy nose, you should:

- **Call** your healthcare provider to determine if you need to be evaluated.
- Stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.

More information:

- Minnesota Department of Health:
www.health.state.mn.us
Hotline: 1-877-676-5414
TTY: 651-201-5797
- Centers for Disease Control and Prevention:
www.cdc.gov/h1n1/
1-800-CDC-INFO (800-232-4636)
TTY: 1-888-232-6348

If you get sick with flu, stay home and avoid contact with other people as much as possible to keep from spreading your illness to others!



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