

What is it?

Some are calling it the Swine Flu, but it is just a variation of the common seasonal flu. H1N1 causes typical flu symptoms

- Fever
- Chills
- Muscle and body aches
- Fatigue
- Sore throat
- Dry cough

H1N1 UNMASKED

What can you do about it?

If you begin to show symptoms, contact your health care provider for instructions. Stay at home and get as much rest as possible.

People get the flu through direct contact with the virus. Effective hand washing is the best way to avoid spreading or catching it.

- Wash hands frequently, especially before eating and after using the bathroom
- Use warm water and soap
- Lather and scrub for at least 15 seconds
- Rinse thoroughly
- Dry with a disposable towel

Use disinfectant wipes to clean common surfaces such as counter tops, refrigerator handles, phones, registers, ladders, and pallet jacks.

Taking a little care now, could prevent a lot of illness later.