

WASH YOUR HANDS FREQUENTLY

- ◆ Wet your hands and wrists completely under warm running water
- ◆ Apply a small amount of regular soap
- ◆ Scrub for 20-30 seconds
- ◆ Rinse thoroughly
- ◆ Dry your hands with a paper towel
- ◆ Use a paper towel to turn off the faucet and to open the bathroom door
- ◆ Use alcohol-based hand sanitizer if soap and water are not available (must be at least 60% alcohol to be effective)



Get Flu Ready

- ◆ Make a family emergency plan (include an alternate plan for childcare)
- ◆ Practice healthy habits
- ◆ Keep informed and listen to advice from medical experts

For more information, visit the following websites:

www.sussex.nj.us/health

www.cdc.gov

www.state.nj.us/health

Source Information:

*Centers for Disease Control and Prevention
1600 Clifton Rd. Atlanta, GA 30333, USA
800-CDC-INFO (800-232-4636)
TTY: (888) 232-6348, 24 Hours/Every Day
cdcinfo@cdc.gov*

Sussex County

Department of Environmental
and Public Health Services
Herbert J. Yardley, MA, REHS

Sussex County Administrative Center
One Spring Street
Newton, NJ 07860
Phone: (973) 579-0370
Fax: (973) 579-0399
health@sussex.nj.us

Sussex County Department of Environmental and Public Health Services



Tips for Staying Healthy During the H1N1 Influenza (Swine Flu) Outbreak

What is H1N1 Influenza (Swine Flu)?

H1N1 (referred to as “swine flu” early on) is a new influenza virus causing illness in people and was first detected in early 2009. This virus was originally referred to as “swine flu” because laboratory testing showed that many of the genes in this new virus were very similar to influenza viruses that normally occur in pigs in North America. But further study has shown that this new virus is very different from what normally circulates in North American pigs.

How does H1N1 Influenza spread?

Spread of this H1N1 Influenza virus (“swine flu”) is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing from people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

What are the signs and symptoms of H1N1 Influenza?

The symptoms of H1N1 Influenza in people are similar to the symptoms of regular human flu and include:

- ◆ Fever
- ◆ Cough
- ◆ Sore throat
- ◆ Body aches
- ◆ Headache
- ◆ Chills
- ◆ Fatigue

A significant number of people have reported:

- ◆ Diarrhea
- ◆ Vomiting

Please Note:

H1N1 viruses are not spread by food. You cannot get this new H1N1 virus from eating pork or pork products. Eating properly handled and cooked pork products is safe.

What can I do to protect myself from getting sick?

There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza.

Follow these steps to protect your health:

- ◆ Cover your nose and mouth with your sleeve or a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- ◆ Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- ◆ Avoid touching your eyes, nose or mouth. Germs spread this way.
- ◆ Try to avoid close contact with sick people.
- ◆ If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to prevent the spread of illness.

