



# H1N1 (swine flu) facts



The H1N1 (swine flu) virus is expected to be prevalent this season. Most people who have become ill with this virus have recovered without requiring medical treatment, but hospitalizations and death have occurred in a few cases. Please be mindful of this information from the Centers for Disease Control (CDC) as you monitor your own health. For more information, see [www.cdc.gov](http://www.cdc.gov).

## If you get flu-like symptoms:

- Stay home and avoid contact with other people.
- The **CDC recommends that you stay home for at least 24 hours after your fever is gone** except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
- Cover your mouth and nose with a tissue when coughing or sneezing. Put your used tissue in the waste basket.
- Clean your hands every time you cough or sneeze.
- If you have severe illness or you are at high risk for flu complications, contact your health care provider or seek medical care. Your health care provider will determine whether flu testing or treatment is needed.

## Precautions

- Cover your nose and mouth with 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 have been made available in all college buildings.**
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.

## Symptoms include:

- Fever
- Body aches
- Runny or stuffy nose
- Sore throat
- Nausea or vomiting
- Diarrhea