

# **Avoid Catching And Spreading H1N1 And Seasonal Flu**

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## **What can YOU do to prevent catching & spreading the flu?**

Wash your hands OFTEN with warm soapy water (say your ABC's while washing)

Use hand wipes and hand sanitizers

Cover your mouth and nose with your sleeve or upper arm (not your hands) when you sneeze or cough

Avoid touching your eyes, nose or mouth

Stay home if you are sick

Stay home for 24 hours after your fever has broken

Stay away from people who are sick

Get 7 – 9 hours of sleep each night

Drink lots of water, and eat fruits, vegetables, and whole grains

Get a yearly flu vaccine

Be physically active for at least 30 minutes most days of the week.

## **Seek medical attention if you have:**

A temperature above 100° F

Headache

Muscle aches and pains

Sore Throat

Cough

Diarrhea

## **Flu Facts:**

H1N1 vs. Seasonal Flu

Both have similar symptoms; fever, chills, body aches, nausea, vomiting, diarrhea

Seasonal typically arrives in late fall, winter

H1N1 has no season

## **Should you get a vaccine?**

\*Yes! The CDC (Centers for Disease Control) guidelines include persons 17 – 24 years old in the highest category for H1N1.

\*Flu shot clinics, **for H1N1 only**, will be held in the Health Services Building later on this fall.

\*Flu vaccines will not cause you to get the flu.