H1N1 FLU PREVENTION

Taking certain precautions to stay healthy is always a good idea. This includes actions that can help prevent the spread of germs that cause respiratory illnesses like the flu.

Take these common sense steps to protect your health:

- **Prevention:**
  - 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.
  - If you are sick, limit your contact with other people as much as possible. Do not go to work or school if ill. Try to avoid large social gatherings.
  - Avoid close contact with people who are coughing or appear ill.
  - Cover your mouth and nose with a tissue when coughing or sneezing. Put your used tissue in the waste basket.
  - Cover your cough or sneeze if you do not have a tissue. Don’t cough or sneeze into your hand. Instead, cough or sneeze into your sleeve or elbow. It may prevent those around you from getting sick.
  - If you get sick with flu, the Florida Department of Health (DOH) recommends that you stay home from work or school and limit contact with others to keep from infecting them. If you think you have influenza, see your health care provider or go to the emergency department at your nearest hospital.
  - At IRSC, the Health & Wellness Center can evaluate your symptoms and refer you to a doctor if indicated.

- **Know the Symptoms of H1N1**
  - The symptoms of H1N1 flu in people are similar to the symptoms of regular flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported nausea and vomiting.
  - Like seasonal flu, H1N1 flu may cause a worsening of underlying chronic medical conditions.

If you have questions about H1N1 flu, contact the Health and Wellness Center by calling 462-7825. Also, a toll-free information line has been established by the Department of Health to address any questions from the public. The number is 1-800-342-3557 and it is open from 8 a.m. to 8 p.m.