

Swine (H1N1 2009) Flu—Practical Advice



Stay Calm

While there is reason for concern, there is no cause for panic.

If a pandemic does develop, we are much more prepared for it than we were during the last pandemic in 1918. Antiviral drugs are also available that are effective against the swine flu virus.

Stay Informed

Monitor this website for factual information: www.cdc.gov/swineflu

Stay Healthy

There are two pathways to Stay Healthy and avoid the flu – or minimize the severity if you do get sick:

1. Practice basic healthy lifestyle routines:

Get good nutrition, good sleep, and lower your stress levels.

2. Remember that your hands can be the primary route for virus transmission.

Flu viruses can remain viable on environmental surfaces for several hours.

Wash your hands with soap and water frequently.

Alcohol hand cleaners are effective if used properly. That means wetting all hand surfaces thoroughly and allowing your hands to air dry.

Keep your hands below your chin. Viruses don't leap off your hands to your face – you put them there. Keep your hands away from your nose and mouth.

Stay Home

Safety and health professionals are tough – we often believe we should just “guts it out” when we don't feel well. This is not the time for that. Stay home if you don't feel well. A fever is a good sign that it may be the flu. A high fever can be the difference between respiratory symptoms from spring allergies and symptoms from the flu virus.

Remember that the flu virus is shed for about 24 hours BEFORE symptoms are obvious. So, stay in tune with how you feel—even if you feel slightly ill, it is time to stay home.

If you do develop symptoms:

Sneeze or cough into your sleeve if you don't have a tissue.

Seek healthcare if you spike a fever.

Maintain healthy lifestyle routines and drink plenty of fluids.