

H1N1 (Swine Flu) Fact Sheet



What are the symptoms?

Fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue.

How is it spread?

Coughing or sneezing by people ill with H1N1. Sometimes people become infected by touching something with flu virus on it and then touching their nose or mouth.

How long is it contagious?

People are contagious one day before they show symptoms and up to seven days after they get sick.

What are ways to prevent H1N1 flu?

- Cover your nose and mouth with a tissue when coughing or sneezing. Throw tissue in the trash afterwards.
- Wash hands often with soap and water. Use alcohol based hand cleaners if soap and water are not available.
- Avoid touching eyes, nose, or mouth – germs spread this way!
- Try to avoid contact with sick people.
- If you are sick with the flu, stay home for about seven days after your symptoms begin or until you are symptom free for 24 hours in order to keep from infecting others and spreading the virus further.
- Call school nurse with further questions.