

How can I protect my family and myself from the flu?

- **Cover your mouth and nose** with a tissue or your sleeve when you cough or sneeze.
- **Wash your hands often** with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners also work well.
- **Avoid touching** your eyes, nose, and mouth. Germs spread this way.
- **Try to avoid close contact** with sick people.
- If you are sick with a flu-like illness, **stay home** for at least 24 hours after your fever is gone.
- **Follow public health advice** such as “keeping your distance” from other people to lessen the spread of the flu.
- Develop a **family emergency plan**. See pandemicflu.gov/plan/index.html



For Additional Information:

www.dhmh.maryland.gov
www.cdc.gov
www.flu.gov



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Pandemic H1N1 INFLUENZA (Swine Flu)



- ✓ Information
- ✓ Prevention
- ✓ Protection

**Maryland Department
of Health and Mental Hygiene**
Martin O'Malley, Governor
Anthony G. Brown, Lt. Governor
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H1N1 INFLUENZA

What is it?

H1N1 (swine) flu is a new virus making people sick. The World Health Organization has classified it as a global pandemic. It first appeared in the United States in April 2009. Much like yearly seasonal flu viruses, this new strain causes both mild and severe illnesses, and deaths have occurred.

What are the symptoms?

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Diarrhea
- Vomiting
- Dry cough
- Tiredness and weakness
- Chills
- Body or muscle aches

Emergency Warning Signs that require urgent medical attention

In children:

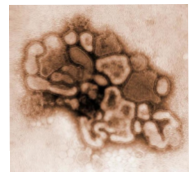
- High or prolonged fever
- Fast or troubled breathing
- Bluish or grey skin color
- Unable to drink enough fluids (dehydration)
- Severe or persistent vomiting
- Changes in mental status such as difficulty waking up, not interacting, or seizures
- Improvement and then return of fever and worse cough
- Worsening of underlying chronic medical condition

In adults:

- High or prolonged fever
- Fast or troubled breathing
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Improvement and then return of fever and worse cough

How does it spread?

The H1N1 virus spreads in the same way that regular seasonal flu viruses spread -- mainly through the coughing and sneezing of people with the flu. Sometimes, healthy people may be infected by touching something with flu viruses on it, and then touching their mouth, nose, or eyes.



People infected with seasonal and H1N1 flu may be able to infect others, from one day before getting sick to five to seven days after. The infectious time can be longer in some people, especially children and people with weakened immune systems.