

FLU SEASON IS ALMOST HERE: AVOIDING H1N1 AND SEASONAL INFLUENZA VIRUS



RESPIRATORY DISEASE CAN BE SPREAD PERSON-TO-PERSON THROUGH COUGHING

Novel H1N1 (referred to as “swine flu” early on) is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. This virus is spreading worldwide.

Flu viruses are primarily spread person-to-person through coughing or

sneezing. Sometimes people may become infected by touching something – such as a surface or object – with flu viruses on it and then touching their mouth or nose.

Proper handwashing includes:
Rushing water, soap, vigorous lather and drying with a paper towel.

Killing the virus on surfaces:

If used according to directions, several chemicals are effective against human influenza viruses including:

- chlorine
- hydrogen peroxide
- soap
- iodine-based sanitizers
- alcohols

Influenza virus is also destroyed by heat (>167° F).



Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.



If you are sick with flu-like symptoms, stay home for at least 24 hours after your fever is gone. Keep away from others as much as possible.



Wash your hands often especially after you cough or sneeze. Alcohol-based hand cleaners are also effective, but are best used after proper handwashing.