

Worried About H1N1 Flu?

- **Take these precautions :**

1. **Wash your hands often**, especially after coughing or sneezing!
2. **Cover your cough and sneeze** with a tissue or your sleeve. Throw the tissue in the trash.
3. **Stay home and away from others if you are sick** with flu-like symptoms.
4. **Call your doctor if you are sick** with flu-like symptoms.
5. **Keep at least 3 – 6 feet away** from someone who is ill.
...to protect yourself and your loved ones.

- **Symptoms of H1N1 Flu are just like Seasonal Flu:**

1. Fever
2. No Energy
3. Little or No Appetite
4. Cough
5. Could also have *Runny Nose, *Sore Throat, and sometimes *Nausea, *Vomiting and *Diarrhea

Call your Doctor if you have these symptoms to see if you should be tested or if medicine is needed.

- **Being Prepared Can Protect Your Loved Ones**

1. **Stockpile** food and water and other supplies so you can stay home and away from others who are sick.
2. **Stay Informed.** Listen to the news and other reliable sources and don't listen to rumors.
3. **Have a Plan** for your household so you don't panic.
4. **Stay Home and Call your Doctor if you are Sick** with flu-like symptoms.
5. **Keep sick Loved Ones in their own room and away** from others to prevent spreading the illness.



**For More Information Call The
Three Rivers District Health Department:
402-727-5396 or visit www.3rphd.org**