



**Dedicated to  
Making Life Better**

#### **WASH UP**

Information about caring for sick persons can be found by visiting the CDC website at: [http://cdc.gov/h1n1flu/guidance\\_homecare.htm](http://cdc.gov/h1n1flu/guidance_homecare.htm)

#### **STOCK UP**

Making a preparedness kit starts at home. Visit [www.ready.gov](http://www.ready.gov) to learn more.

#### **LISTEN UP**

Stay informed with the latest information by watching local news updates.

**For more information please visit:**

**Portage County Health Department Website**  
[www.co.portage.oh.us/healthdepartment.htm](http://www.co.portage.oh.us/healthdepartment.htm)

Centers for Disease Control and Prevention Website

[www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu)

1-800-cdc-info

# Portage County Health Department

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## H1N1 Fact Sheet

### **What is H1N1 (swine flu)?**

Like seasonal flu, it is a respiratory illness caused by a virus.

### **What are the symptoms of H1N1 flu? Are they different than seasonal flu?**

Symptoms are similar to seasonal flu but may be more severe. Symptoms may take 2-7 days to develop. Symptoms include:

- Fever greater than 100°F
- Cough
- Chills
- Extreme Tiredness
- Headache and body aches
- Stuffy nose
- Sore Throat
- Vomiting and diarrhea in some cases

### **Can people get H1N1 flu from eating pork?**

No. Flu viruses are not passed through food.

### **How serious is the H1N1 flu?**

Illness has ranged from mild to severe. Most people have gotten better at home without medical treatment. Certain groups are at higher risk of complications, such as pregnant women and people with diabetes, heart disease, asthma or kidney disease, as well as people ages 6 months to 24 years old. Deaths have been reported around the world and in the United States.

### **How does H1N1 flu spread?**

This flu spreads the same way that season flu spreads from person to person through the coughs and sneezes of sick people. The best way to prevent the spread of respiratory viruses is to cover coughs and sneezes with your arm or tissue, and wash hands as soon as possible. Viruses can live on surfaces for about 5 hours and disease spreads when people touch these surfaces and then touch their eyes, nose or mouth. The best way to prevent sickness is to wash hands often.

### **Is a vaccine available for prevention?**

As the vaccine becomes available, public health will have information on where to get the shots. It is likely that two doses, given 4 weeks apart will be needed for protection against the H1N1 virus. Everyone is encouraged to get a seasonal flu shot as soon as it becomes available.

### **What medications are available?**

Medications are available to treat symptoms. They do not prevent H1N1 flu. These may be prescribed by your physician to shorten the length or lessen the severity of symptoms.

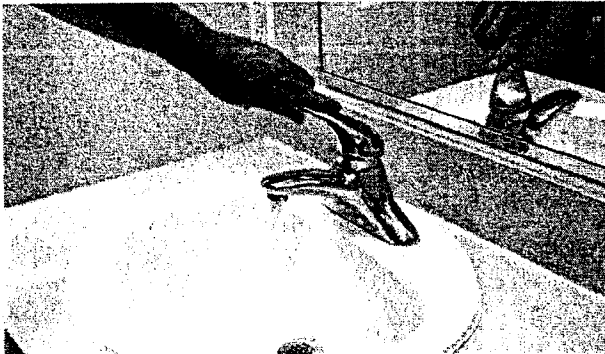
### **What you can do to protect yourself: Practice the 3 C's:**

- **Clean hands:** scrub hands with soap and warm water for 20 seconds. This is about as long as it takes to sing the Happy Birthday song twice, or ABC's once.
- **Cover coughs and sneezes:** use your arm or tissue. Throw tissues away and wash hands.
- **Contain your illness by staying home when you are sick.** You are healthy again when you've had a normal temperature for 24 hours without using medication.

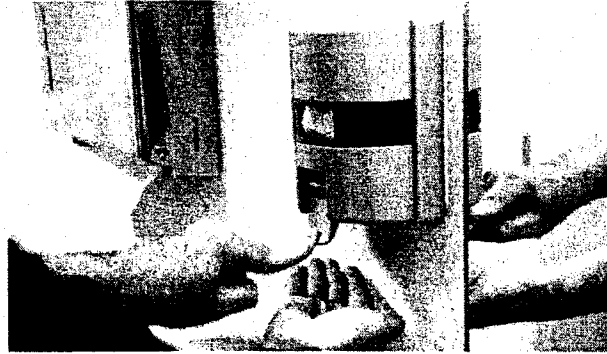
### **Remember to seek immediate medical attention if you have:**

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

# SKILL SHEET: WASHING HANDS



1. Turn on warm water and wet hands.

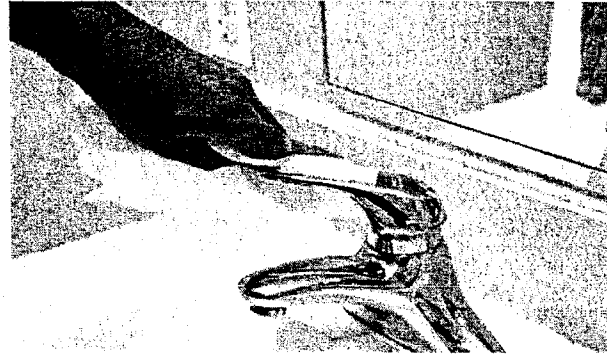


2. Apply the correct amount of soap



3. Rub your hands together vigorously for at least 20 seconds, covering all surfaces of the hands and fingers.

- Scrub nails by rubbing them against the palms of your hands.
- Wash surfaces around fingernails, where jewelry is worn, and between fingers.



4. Rinse your hands with water.

5. Dry your hands thoroughly with a disposable towel.

6. Turn off the faucet using the disposable towel.

**If hand-washing facilities are not readily available, use alcohol-based hand sanitizer (60-95% alcohol).**

## Clean your hands often, especially:

- Before and after contact with a person who is sick.
- After coughing or sneezing, even when using a tissue.
- Before, during, and after preparing food.
- Before eating.
- After using the bathroom.
- After handling trash, garbage or animal waste.
- When coming into the home from public places.
- When hands are dirty.

