



### Signs and Symptoms:

Contact your health care provider if you think that you have any flu-like symptoms: fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with H1N1 flu.

### What You Can Do To Stay Healthy:

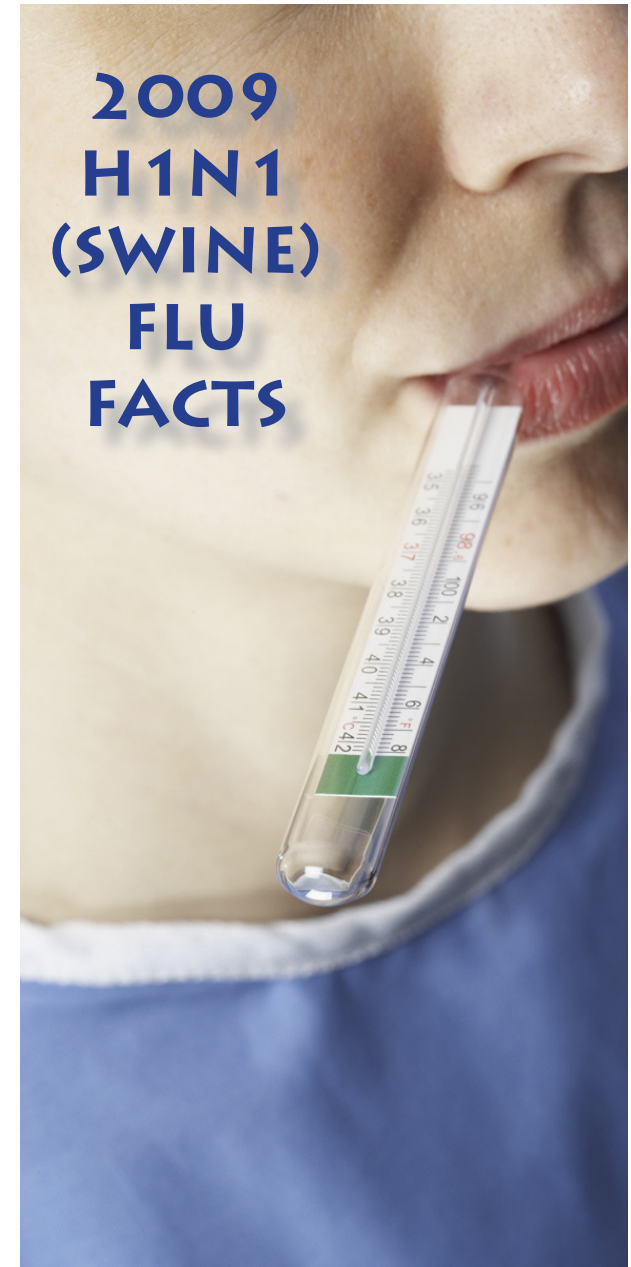
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

For more information on H1N1 visit:  
[www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu)

**RJP** PROVIDED BY  
**Richard J. Princinsky & Associates, Inc.**  
Employee Benefits Specialist

P 410.773.4300 : 800.618.2600 : F 410.773.4340  
335 Clubhouse Road : Hunt Valley, Maryland 21031

## 2009 H1N1 (SWINE) FLU FACTS



**Novel H1N1 (Swine) Influenza (flu):** This virus was originally referred to as “swine flu” because laboratory testing showed that many of the genes in this new virus were very similar to influenza viruses that normally occur in pigs in North America. But further study has shown that this new virus is very different from what normally circulates in North American pigs. It has two genes from flu viruses that normally circulate in pigs in Europe and Asia and avian genes and human genes. Scientists call this a “quadruple reassortant” virus. Swine flu viruses are not spread by food. You cannot get swine influenza from eating pork or pork products. Eating properly handled and cooked pork products is safe.



### How It Is Spread:

H1N1 flu is contagious and is thought to spread like the regular flu virus- through the coughing or sneezing of those with the virus.

Sometimes people may become infected by touching something with the flu virus on it and then touching their mouth or nose.

You can pass on the flu to someone else before you know you are sick (a day before you come down with symptoms) as well as while you are sick (7-10 days).

- **Rule of thumb:** Unless necessary for medical care, persons with the flu should not leave the home when they have a fever. As of August 5, 2009, the CDC recommends that people with influenza-like illness remain at home until at least 24 hours after they are free of fever (100 F or 37.8 C) or signs of a fever without the use of fever-reducing medications.

This guidance does not apply to health care settings where the exclusion period should be continued for 7 days from symptom onset or until the resolution of symptoms, whichever is longer.

For further details go to: [www.cdc.gov/h1n1flu/guidance/exclusion.htm](http://www.cdc.gov/h1n1flu/guidance/exclusion.htm)