

# H1N1 Flu (Swine Flu)

PROVIDED BY:  
 THE SANTA BARBARA COUNTY PUBLIC  
 HEALTH DEPARTMENT



## What you can do to protect yourself and prevent the spread of H1N1 flu



Wash your hands often

Avoid touching your mouth, nose and eyes



Avoid close contact with sick people

Cough and sneeze into your sleeve or the crook (the inner elbow) of your arm



## SYMPTOMS OF H1N1 FLU

Symptoms of H1N1 are similar to the symptoms of regular seasonal influenza. Symptoms include:

- ▶ Fever, plus one or more of the following:
- ▶ Cough
- ▶ Body aches
- ▶ Headache
- ▶ Sore throat
- ▶ Chills and fatigue
- ▶ In some cases, vomiting and diarrhea



## EMERGENCY WARNING SIGNS

If the emergency signs listed below occur, call your health care provider, go to the emergency room, or call 911

### WARNING SIGNS IN CHILDREN

- ▶ Fast breathing or trouble breathing
- ▶ Not drinking enough fluids
- ▶ Not waking up or not interacting
- ▶ Being so irritable that the child does not want to be held
- ▶ Flu-like symptoms improve, then return with fever or worse cough
- ▶ Fever with rash

### WARNING SIGNS IN ADULTS

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

For more information, contact  
**The Santa Barbara County Public Health Department**  
 300 N. San Antonio Rd.  
 Santa Barbara, CA 93101

Visit our Websites at: [SBCFluInfo.org](http://SBCFluInfo.org) and [SBCPHD.org](http://SBCPHD.org)  
 Or Call: 1-888-722-6358 (888-SBCoFlu)

## WHAT TO DO IF YOU GET THE FLU

- ▶ Get plenty of sleep
- ▶ Rest at home — limit contact with others
- ▶ Drink plenty of fluids
- ▶ Take pain relievers such as Ibuprofen (for children give Tylenol) to control fever
- ▶ Cover coughs and sneezes
- ▶ Wash hands often with soap and water especially after coughs and sneezes (use an alcohol-based sanitizers when soap and water are unavailable)



Stay home from work or school if you get sick with the flu!



## STEPS TO PROTECT YOURSELF AND OTHERS

Take these steps to protect yourself from H1N1 flu, seasonal flu, and other respiratory illnesses:

- ▶ Wash hands often
- ▶ Cough and sneeze into your sleeve
- ▶ Keep hands out of your mouth, nose and eyes
- ▶ Avoid close contact with sick people
- ▶ Using a disinfectant cleaner, wipe down surfaces, such as doorknobs, faucet handles, light switches and counter-tops
- ▶ Stay home if you get sick with the flu
- ▶ Avoid social gatherings if you are sick or if you have a medical condition that increases your risk of flu
- ▶ Get the seasonal flu shot each year