



H₁N₁ Flu Information & Precautions

There are everyday actions people can take 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. Viruses spread that way.

Try to avoid close contact with sick people.

Flu is spread mainly person-to-person through coughing or sneezing by infected people.

If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

The symptoms of the H₁N₁ (formerly known as swine) flu in people are similar to the symptoms of seasonal flu in and may include:

- Fever (greater than 100°F)
- Sore throat
- Cough
- Stuffy nose
- Chills
- Headache and body aches
- Fatigue

Some people have reported diarrhea and vomiting associated with the H₁N₁ strain of the flu.

If you have any of these symptoms, please see a health care provider as soon as possible.

**Please visit us on the web for updates and contact information:
<http://studenthealth.uncg.edu>**

