

How to Prevent Contracting H1N1 (Swine) Flu

- **H1N1 (Swine) flu is spread in the same way that seasonal flu spreads.** Flu viruses are spread mainly from person to person through coughing or sneezing by infected persons. Sometimes people may become infected by touching something – such as a surface or object – with flu viruses on it and then touching their mouth or nose.
- **People infected with the seasonal or H1N1 (Swine) flu shed virus may be able to infect others from 1 day before getting sick to 5 to 7 days after.** This can be longer in some people, especially children or people with weakened immune systems.
- **Take these everyday steps to protect your health**

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 this way.

Try to avoid close contact with sick people.

Stay home if you are sick for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer. This is to keep from infecting others and spreading the virus further.

Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.