

H1N1 Information

What are the signs and symptoms of H1N1 virus? The symptoms of novel H1N1 flu virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting.

What can I do to protect myself from getting sick?

Take these everyday steps to protect your health:

- **Cover your nose and mouth with a tissue when you cough or sneeze.** (e.g., cough into your sleeve, not hands) 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.
- **CDC recommends that people with influenza-like illness remain at home until at least 24 hours after they are free of fever (100° F [37.8°C]), or signs of a fever without the use of fever-reducing medications.**

Keeping children with a fever of 100 degrees or more at home will reduce the number of people who may get infected. Fentress County School officials are taking extra efforts to help fight and prevent the spread of H1N1.

For more information go to www.flu.gov, www.cdc.gov or www.state.tn.us/health (Tennessee Department of Health).