



ADAMS COUNTY HEALTH DEPARTMENT

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Fact Sheet – Steps to prevent Swine Flu:

The current outbreak of Swine Flu is a reminder of the importance of good health practices to prevent spreading illness to others.

- If you have symptoms of flu-like illness ***stay at home*** and limit contact with others except to seek help for medical care. Flu-like symptoms may include: fever of 100 degrees Fahrenheit or 37.8 degrees Centigrade or greater, cough, sore throat (with no other known cause), chills, headache and body ache, fatigue, and diarrhea and vomiting.
- If you need to see a medical provider ***call first*** so they can prepare a place for you away from other patients. Your health care provider will determine if influenza testing is needed.

The following everyday preventive actions can help stop the spread of the virus:

- **Avoid close contact.**
Whenever possible maintain a distance of at least 6 feet from anyone who has any symptoms of illness.
- **Stay home when you are sick.**
Stay home from work, school and errands when you are sick. Keep sick children at home.
- **Cover your mouth and nose.**
Cover your nose and mouth with your sleeve or a tissue when coughing or sneezing. Throw used tissue into the trash immediately after use.
- **Wash your hands often.**
Washing your hands and the hands of your children frequently will help protect you from germs. Use alcohol based hand sanitizer often if you do not have immediate access to soap and running water.
- **Avoid touching your eyes, nose or mouth.**
Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.
- **Practice good health habits.**
Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

For additional information please visit the following websites:

<http://www.cdc.gov/swineflu/investigation.htm> or <http://www.cdc.gov/h1n1/flu.htm>

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