

Prevention is everyone's job to keep the community safe

Stay Informed Keep up-to-date for the latest news via TV, the newspaper or the internet at reliable sites like www.cdc.gov www.flu.gov or locally at www.co.sheboygan.wi.us

Distance Yourself Limit contact with people when you are ill. Remain at least three feet from others if you must be around people. A sneeze can send germs up to six feet through the air. **It is important to reduce the spread of the virus so stay home if you are sick.**

Stay Healthy Eat a well balanced diet, exercise, get enough sleep, and try to limit stress.

Wash your hands Use soap and water and scrub for at least 15 seconds or use alcohol based hand sanitizer. Try not to touch your eyes, nose and mouth to prevent germs from entering the body.

Cover your cough/sneeze Use a tissue, throw it away and wash your hands. If you don't have tissues, cough/sneeze into your sleeve.



Vaccination for H1N1 and seasonal flu strains

Voluntary vaccination campaigns are being planned for the 2009/2010 flu season. Those who are recommended to get H1N1 flu vaccination are:

- Pregnant women
- Anyone 6 months to 24 years old
- Caregivers of infants under 6 months of age
- People aged 25-64 with a chronic condition that puts them at risk for the flu including: asthma, diabetes, sickle cell disease, chronic lung disease, heart disease (not including high blood pressure), liver or kidney disease, or immune compromised conditions
- Healthcare and EMS Workers

H1N1 vaccine does not replace the seasonal flu vaccine. Seasonal flu vaccine requirements haven't changed. People 6 months to 18 years, household contacts of high risk people, community servants, those over 50, pregnant women and those with chronic conditions listed above should consider seasonal flu vaccine.

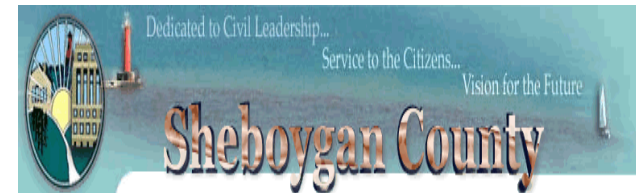
Watch for upcoming vaccine clinics or talk to your healthcare provider if you are interested in vaccination.

Sheboygan Co. Health and Human Services
Division of Public Health
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Sheboygan, WI 53081
(920) 459-4382
Hsdph/swine flu/h1n1 brochure
Rev. 9/09



H1N1 Flu

Prevention and Protection Measures for You, Your Family & the Community

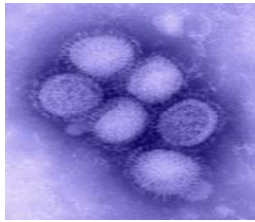


**Sheboygan County
Health & Human Services
Division of Public Health**

920.459.4382

www.co.sheboygan.wi.us

What is H1N1 (swine) flu?



H1N1 (swine) flu is a new type of influenza causing illness in people around the world. It spreads from person to person like seasonal flu, mainly through the coughing and sneezing of infected people. Sometimes people may become infected by touching something with flu viruses on it, like a counter top, door knob or shopping cart and then touching their mouth, eyes or nose. When a new illness like H1N1 (swine) flu spreads around the world from person to person it is called a pandemic. Those at risk of getting H1N1 influenza are newborns to 24 years of age, pregnant women, and anyone regardless of age with chronic health conditions like asthma, chronic lung disease, heart disease (not high blood pressure), kidney or liver disease or immune system conditions.

Symptoms of H1N1 (swine) flu

- Fever
- Cough
- Body aches / headache
- Runny Nose
- Sore Throat
- Fatigue
- Chills
- In some cases diarrhea
- In some cases vomiting

What should I do if I think I have the flu?

If you get the flu, **STAY HOME AND LIMIT CONTACT WITH OTHERS UNTIL 24 HOURS AFTER YOUR FEVER IS GONE WITHOUT THE AID OF FEVER REDUCING MEDICINE.** Drink plenty of fluids and rest. Cover your cough and sneezes. Wash your hands often or use hand sanitizer.

If the warning signs below occur, call your healthcare provider, visit the Emergency Room or dial 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 but return with fever and worse cough
- ~Fever with rash

Warning signs for Adults:

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

Be prepared to stay home

Below is a short list of supplies to consider having on hand in the event you could not leave home for a period of time. Health Officials urge people to prepare for a period of at least two weeks when planning for a pandemic.

- **Water** - Enough for one gallon per person per day stored in plastic containers. To ensure safety empty and refill water containers every six months.
- **Food** - Ready to eat canned meat, fruits and vegetables, canned juices, high energy food, vitamins, comfort foods, infant formula.
- **Hygiene and Sanitation** - Respiratory masks, moist towelettes, toothpaste and toothbrush, toilet paper and paper towels, feminine hygiene supplies, garbage bags, heavy duty ties.
- **Medication** - Pain relievers, anti-diarrhea medicine, antacids, and laxatives. Consider having at least 2 weeks of all prescription medication on hand in the event you are unable to obtain refills for an extended period of time.
- **Additional Items** - Cash and coins, inhalers, contact lenses, copies of credit cards, bank numbers, food supplies for pets, infant supplies, recreational materials.

For more information visit:

American Red Cross

<http://www.redcross.org>

Wisconsin Dept of Health Services

<http://www.pandemic.wisconsin.gov>

Centers for Disease Control and Prevention

<http://www.cdc.gov>

US Health and Human Services resources

<http://www.flu.gov>