



SEASONAL FLU and H1N1 FLU

WHAT IS SEASONAL FLU

Influenza, also known as "the flu," is caused by the influenza virus, which infects the respiratory tract (nose, throat, lungs). Unlike many other viral respiratory infections, such as the common cold, the flu causes severe illness and life-threatening complications in many people.

SEASONAL FLU SYMPTOMS:

- Fever (**100°F**)
- Headache
- Extreme tiredness
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches



WHAT IS H1N1 FLU

H1N1 (earlier referred to as "swine flu") is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. This virus is spreading from person-to-person worldwide, probably in much the same way that regular seasonal influenza viruses spread.

H1N1 FLU SYMPTOMS ARE:

- Fever (**100°F**)
- Headache
- Extreme tiredness
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches
- Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children

Seasonal and H1N1 Flu Prevention Tips...

If Your Child is Sick Keep Him or Her at Home...

Keep your child at home if he or she has flu-like symptoms. Your child should stay home at least 24 hours after the fever is gone.

Cover Your Cough/Sneeze...

When coughing or sneezing cover your mouth or nose with a tissue or your arm...
Do not use your hands.

Wash Your Hands...

Wash your hands with soap and water for at least 20 seconds.