

For More Information Contact:

Morrow County Health Director

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www.flu.oregon.gov

Toll-free Hotline: 800.978.3040

H1N1 FLU FACTS (aka: "Swine Flu")

What is H1N1?

H1N1 (swine) flu is a respiratory illness similar to regular flu. Symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes diarrhea and vomiting. If your symptoms become worse, you should call your medical provider or seek medical attention. Most people will recover without needing medical attention.

Questions & Answers

Q Is the H1N1 flu virus contagious?

A Yes.

Q How is H1N1 flu spread?

A Mainly from person-to-person through coughing or sneezing

Q Is there a vaccine for H1N1 flu?

A Regular flu shots are available now. H1N1 flu shots will be available by mid-October 2009.

Q Where can I get a flu shot?

A You can get **regular flu shots** at the same locations that have offered them in the past—clinics, pharmacies and County Health Departments. Ask if they also offer **H1N1 flu shots**, if not, they will direct you to the nearest location.

How can I protect myself?

1. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
2. Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
3. Avoid touching your eyes, nose or mouth. Germs spread this way.
4. Try to avoid close contact with sick people.
5. If you get sick with flu, stay home from work or school until 24 hours after your fever has ended without taking fever-reducing medicine.
6. The **BEST** way to prevent regular flu and H1N1 is to get **both types of flu shots**, a regular flu shot and an H1N1 flu shot. Anyone can get a regular flu shot, but H1N1 shots may be available first for the following high-risk groups:
 - Pregnant Women
 - Household members and caregivers of infants less than 6 months of age
 - Children 6 months through 24 years of age
 - Persons aged 25 through 64 years who have health conditions (asthma, diabetes, etc.)
7. Stay informed about the flu season this year to help you decide what is best for you and your family members.



Morrow County Health Department

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Hrs. M-F, 8 am-5 pm

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