

- Get plenty of rest.
- Ask your healthcare provider about acetaminophen (Tylenol) or other medications for fever and pain. Take any medication only as directed. Do not give aspirin to children under age 18. It can cause a rare but serious illness called Reye syndrome.
- Call your doctor if your fever rises over 100°F or you become dizzy, lightheaded, or short of breath.

Taking Steps to Protect Others

- Wash your hands often, especially after coughing or sneezing. Or, clean your hands with an alcohol-based hand gel containing at least 60 percent alcohol.
- Cough or sneeze into a tissue. Then throw the tissue away and wash your hands. If you don't have a tissue, cough or sneeze into the crook of your elbow.
- Stay home until at least after 24 hours after you no longer have a fever or fever symptoms (such as chills), and you are not taking fever-reducing medication (such as Tylenol or Advil).
- Don't share food, utensils, drinking glasses, or a toothbrush with others.
- A medical facemask worn over the mouth and nose may help prevent spread of infected droplets when you cough, sneeze, laugh, or talk. You should still follow the measures listed above to decrease your chance of spreading the virus to others.
- Ask your doctor whether others in your household should receive antiviral medication to help them avoid infection.

How Can 2009 H1N1 Flu Be Prevented?

- One of the best ways to prevent the 2009 H1N1 flu is to get vaccinated. Most often, the vaccine is given as a shot. But some people may receive the vaccine in nasal spray form instead. Your doctor can tell you which vaccine is right for you.
- Wash your hands often. Frequent handwashing is a proven way to prevent infection.
- Carry an alcohol-based hand gel containing at least 60 percent alcohol. Use it when you don't have access to soap and water. Alcohol gels kill most germs and are safe for children.
- Avoid touching your eyes, nose, and mouth.
- At home and work, clean phones, computer keyboards, and toys often with disinfectant wipes.
- If possible, avoid close contact with others, especially if 2009 H1N1 flu cases have been identified in the area where you live or work.
- Wearing a medical facemask to prevent the 2009 H1N1 flu is generally not necessary for persons who are not at increased risk of serious illness from this flu. For persons who are at increased risk, such as children 5 years and younger, persons 65 years and older, pregnant women, and other special groups (your doctor can tell you if you are in such a group), a facemask worn over the mouth and nose may help protect against getting the 2009 H1N1 flu, if it is in your area. You still need to follow the measures listed above to lessen your chance of getting the 2009 H1N1 flu.
- You should still get the regular flu vaccine every year. Your healthcare provider can answer any questions you have about this.

Handwashing Tips

Handwashing is one of the best ways to prevent the spread of 2009 H1N1 flu and other common infections. Follow these steps:

This information is not intended as a substitute for professional medical care. Always follow your healthcare professional's instructions.

- Use warm water and plenty of soap. Work up a good lather.
- Clean the whole hand, under your nails, between your fingers, and up the wrists.
- Wash for at least 15 seconds. Don't just wipe—scrub well.
- Rinse, letting the water run down your fingers, not up your wrists.
- Dry your hands well. Use a paper towel to turn off the faucet and open the door.

Using Alcohol-Based Hand Gels

Alcohol-based hand gels are also a good choice for cleaning your hands. Use them when you don't have access to soap and water, or your hands aren't visibly dirty. Follow these steps:

- Squeeze about a tablespoon of gel into the palm of one hand.
- Rub your hands together briskly, cleaning the backs of your hands, the palms, between your fingers, and up the wrists.
- Rub until the gel is gone and your hands are completely dry.

Call the doctor if you have any of the following:

- Fever rises over 100°F (37.7°C)
- Dizziness or lightheadedness
- Trouble breathing, shortness of breath, or chest pain or pressure
- Cough with lots of colored sputum (mucus) or blood in the sputum
- Severe headache, face, neck or ear pain
- New rash
- Confusion, behavior change or seizure
- Severe or repeated vomiting or inability to keep fluids down

To Learn More About 2009 H1N1 Flu

Visit the Centers for Disease Control and Prevention (CDC) website:

www.cdc.gov/h1n1flu/qa.htm