

3 ways to Fight the Flu.



WASH HANDS OFTEN!

for 20 seconds with soap and warm water



COUGH and SNEEZE into your SLEEVE.

Hands spread the disease.



REST is BEST.

Stay home if you have flu symptoms:

- Fever, 100°F/38°C and above
- Coughing and sneezing
- Body aches
- Extreme fatigue

H1N1 Flu

What you need to know.

H1N1 flu is a new type of flu virus that people have not been exposed to.

Flu spreads when people who are infected cough or sneeze. The virus travels through the air or lands on surfaces other people touch. You can't catch the H1N1 flu from animals or from eating pork products.

Symptoms of the seasonal flu and H1N1 flu are the same. They can be treated the same with over-the-counter medications. If your symptoms are severe, call your health care provider.

You can limit the spread of H1N1 by following the 3 ways to Fight the Flu. If you can't wash your hands, use alcohol-based hand sanitizer. Also, get a seasonal flu vaccine and an H1N1 vaccine.

Be prepared in case you get sick and need to stay home for a week or so. Have enough food, water, over-the-counter medicines and tissues on hand to recover at home.

For more information, visit www.cityofaustin.org/pandemicflu.

**Austin/Travis County
Health and Human Services Department**