

Staying Healthy When Flu is Around

Influenza (the flu) is caused by a virus that can infect the nose, throat and lungs. Flu is most often spread from person to person when people sick with the flu cough or sneeze. It is believed that someone with flu may be able to spread the virus one day before they develop symptoms and up to seven days after they become sick. The H1N1 influenza (Swine Flu) is caused by an H1N1 virus and is believed to be spread the same way as seasonal flu. You cannot get flu from eating pork.

1

Wash your hands frequently.

Use alcohol-based hand sanitizer when soap and water aren't available.

Wash when:

You touch shared surfaces (doors, elevator buttons, telephones)

After shaking hands

After you sneeze, cough or blow your nose

After caring for a sick person

Before you eat

2

Limit your contact with others who are sick.

3

Don't touch your eyes, nose or mouth.

Flu virus can enter your body through your eyes, nose or mouth.

4

Stay in good general health.

Get plenty of sleep (7-8 hours for adults)

Be physically active

Manage your stress

Drink plenty of fluids

Eat nutritious food

5

Plan ahead for child care.

Schools and daycares may close to stop the spread of disease.

Make a back-up plan for your children if their school or daycare is closed.



Saint Paul - Ramsey County Public Health
www.co.ramsey.mn.us/ph

If the Flu Makes You Sick

H1N1 Influenza (Flu) Symptoms:

Fever over 101° Farenheit (38° Celsius) | fever | body aches | runny nose | sore throat
nausea | vomiting or diarrhea (especially in children)

Call your health care provider to ask whether testing or treatment is needed.

There are two prescription medications that can be given for the flu in the first two days to lessen symptoms. Antibiotics do not cure the flu.

If you are sick, stay home.

Do not go to work, school or public gatherings.

Keep your household healthy when someone is sick.

- Cover your coughs and sneezes with a tissue. Throw the tissue away after you use it. If you don't have a tissue, use the inside of your sleeve at the elbow.
- Wash your hands often with soap and water, especially after sneezing or coughing.
- Alcohol-based hand sanitizers are also effective.
- Get plenty of rest.
- Drink plenty of fluids such as water, juice and soups.
- Over the counter pain relievers may help to reduce pain and fever. Don't give aspirin to children or teens because of the risk of Reye's syndrome.

For more information:

www.co.ramsey.mn.us/ph

www.health.state.mn.us

www.cdc.gov/h1n1flu

Minnesota Department of Health Hotline:

1-800-657-3903: TTY: 651-201-3509



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