

HEALTH NOTICE

Novel H1N1 Flu

Look for these symptoms:

FEVER AND

- Cough
- Sore throat
- Runny or stuffy nose

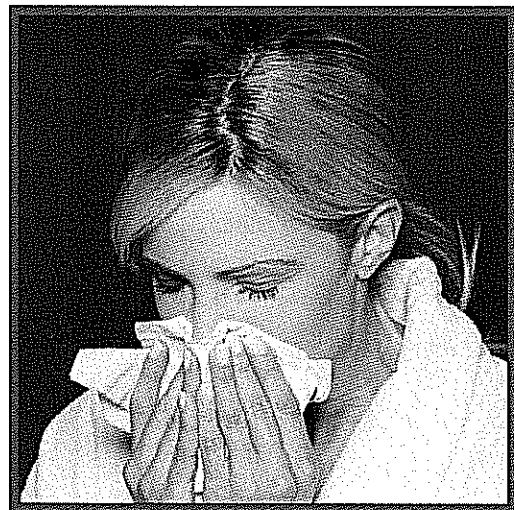
Other symptoms may include:

- Body aches
- Headache
- Fatigue
- Chills
- Diarrhea
- Vomiting

People with certain chronic medical conditions, adults 65 years or older, children younger than 5 years old, and pregnant women may be at higher risk for severe illness.

IF YOU THINK YOU HAVE H1N1 FLU:

- **Stay at home** or in your hotel room if traveling, except to seek medical care. Do not travel or go to work or school.
- **Avoid close contact** with others for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer.



EVERYONE SHOULD:

- **Cover your mouth and nose** with a tissue when you cough or sneeze.
- **Wash your hands often** with soap and water or use an alcohol-based hand gel.
- **Avoid touching your eyes, nose or mouth.**
- **Avoid contact with ill persons.**

For more information:

- Visit <http://www.cdc.gov/h1n1flu>
- Contact CDC 24 Hours/Every Day
 - > 1-800-CDC-INFO (232-4636)
 - > TTY: (888) 232-6348
 - > cdcinfo@cdc.gov
- Contact your local or state health department

• www.vanderburghgov.org/health

H1N1 Travel Health Alert Notice 05-09



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