

H1N1 FLU



What Can You Do?

WATCH.....

Wash your hands.

Avoid touching eyes, nose & mouth.

Toss tissues in the garbage.

Cover your cough and sneeze.

Hibernate until you are fever free.

What is H1N1?

H1N1 is a new strain of flu virus. Since it is new, we can expect to see more cases. H1N1 appears to be more frequent in children and young adults than the seasonal flu.

SYMPTOMS

- 1. Fever >100 degrees**
- 2. Cough**
- 3. Sore throat**
- 4. Body Aches**
- 5. Headache**
- 6. Runny or congested nose**
- 7. Vomiting or diarrhea**

What to do if you get the flu.

- Stay home from school or work (or in your room) for 24 hrs. after your fever is gone.**
- Get plenty of rest.**
- Drink plenty of fluids.**
- Over the counter medications like acetaminophen (Tylenol) or ibuprofen (Advil) can be helpful. Avoid aspirin with flu-like illness.**

See the Student Health Center or your physician if...

- Your symptoms are getting worse.**
- You are pregnant**
- You have a chronic health condition such as asthma, diabetes or heart disease.**

Seek emergency care if...

- Sudden dizziness.**
- Confusion.**
- Persistent vomiting.**
- Pain in chest or abdomen.**
- You have shortness of breath.**
- You have difficulty breathing.**



GET VACCINATED

- **Getting vaccinated is one of the best ways to protect yourself.**
- **Get the seasonal flu vaccine.**
- **Get the H1N1 vaccine. This will be two doses given 3 weeks apart.**
- **Vaccines should be available this fall. Check the website for availability.**



RESOURCES:

www.cdc.gov/h1n1flu

www.flu.nevada.gov

www.unr.edu/shc

www.unr.edu

www.unr.edu/emergency/announcements.h1n1.html



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H1N1 (Swine Flu)



University of Nevada, Reno

Student Health Center

