



Healthy Habits

- Wash hands often or use alcohol based hand sanitizer when soap and water are not available
- Cover your mouth and nose with a tissue when you cough or sneeze. If one is not available use your sleeve.
- Remind your children to practice healthy habits, too. Germs that cause colds, coughs, flu, and pneumonia can spread easily.
- Healthy habits stop germs. At home, work and school.

Know the Symptoms of H1N1

- Fever greater than 100 degrees
- Headache/Body aches
- Coughing
- Sore throat
- Respiratory congestion
- Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults

If You Become Sick

- If you become ill with influenza-like symptoms, including fever, body aches, runny or stuffy nose, sore throat, nausea, or vomiting or diarrhea, you should STAY HOME for at least 24 hours after fever is gone.
- To “STAY HOME” is to NOT LEAVE your home except to seek medical care. This includes avoiding all normal activities especially public gatherings.
- If you have severe illness or are at high risk for flu complications, contact your health care provider or seek medical care.

For More Information

- Visit the Centers for Disease Control and Prevention (CDC) H1N1 Flu website at <http://www.cdc.gov/h1n1flu/>.
- Contact the Kenosha County Division of Health at 262-605-6700 or 800-472-8008

DIFFERENCES BETWEEN COLD & SWINE FLU & SEASONAL FLU SYMPTOMS

Symptoms	COLD	SWINE FLU	SEASONAL FLU
FEVER	Fever is rare with a cold.	Fever is usually present with H1N1 in up to 80% of all flue cases. A temperature of 101°	Fever is common with the seasonal flu.
Coughing	A hacking, productive (mucus-producing) cough is often present with a cold.	A non-productive (non-mucus producing) cough is usually present with H1N1 (sometimes referred to as dry cough).	A dry and hacking cough is often present with the seasonal flu.
ACHES	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with H1N1.	Moderate body aches are common with the seasonal flu.
STUFFY NOSE	Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.	Stuffy nose is not commonly present with H1N1.	A runny nose is commonly present with the seasonal flu.
CHILLS	Chills are uncommon with a cold.	60% of people who have H1N1 experience chills .	Chills are mild to moderate with the seasonal flu.
Tiredness	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with H1N1.	Tiredness is moderate and more likely referred to as a lack of energy with the seasonal flu.
Sneezing	Sneezing is commonly present with a cold	Sneezing is not common with H1N1.	Sneezing is common present with the seasonal flu.
SUDDEN Symptoms	Cold symptoms tend to develop over a few days .	H1N1 has a rapid onset within 3-6 hours. H1N1 hits hard and includes sudden symptoms like high fever, aches and pains. Symptoms usually last 4-7 days, depending on the individual. Diarrhea is common.	Symptoms tend to develop over a few days and include flushed face, loss of appetite, dizziness and/or vomiting/nausea. Symptoms usually last 4-7 days, depending on the individual. Diarrhea is common.

Headache	A headache is fairly uncommon with a cold.	A headache is very common with H1N1 and present in 80% of cases.	A headache is fairly common with the seasonal flu.
SORE THROAT	Sore throat is commonly present with a cold.	Sore throat is not commonly present with H1N1.	Sore throat is commonly present with the seasonal flu.
CHEST Discomfort	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with H1N1.	Chest discomfort is moderate with the seasonal flu. <i>If it turns severe seek medical attention immediately!</i>
PREVENTION TIPS:			
✓ cough & sneeze into your elbow			
✓ wash hands with soap and warm water for a minimum of 15 -20 seconds. Sing your ABC's or happy birthday to you			
✓ use hand sanitizer when soap & water are not available			
✓ avoid touching eyes, nose or mouth without washing or using hand sanitizer first			
✓ stay home if you are sick to avoid contaminating your co-workers			