

H1N1 Flu (Swine Flu) 2009

There are cases in the United States as well as other countries, however, state and local health departments are continuously monitoring the current outbreak. This is an evolving situation and you should continue to stay informed about the most up to date recommendations.

The H1N1 Flu is a new strain of type A influenza that has similar symptoms as seasonal flu. The spread is similar to seasonal flu, however, the current seasonal flu vaccine will not protect you from the H1N1 Flu. Common sense precautions to prevent the spread of any type of flu are:

- Wash your hands often, especially after coughing, sneezing, and wiping or blowing the nose
- Cover your mouth when coughing or sneezing
- Use paper tissues when wiping or blowing your nose, throw tissues away after use
- Stay away from crowded living and sleeping spaces, if possible
- Stay home if your are sick

If you have a flu-like illness, including: fever greater than 100 degrees Fahrenheit and cough or sore throat or runny nose or stuffiness, then Stay Home and Call your Doctor.

You may get additional information by going to www.cdc.gov/h1n1flu or www.maryland.gov on the internet or by calling the Worcester County Health Department at 410-632-1100.