



# H1N1

## Flu Outbreak

### IF YOU HAVE THE FLU OR THINK YOU HAVE THE FLU

Swine Flu (H1N1) is a flu strain which normally infects pigs, that is now causing widespread infections in people. Like most illnesses, you can prevent its spread.

These common-sense steps can help protect you and others:

- ★ Wash your hands with soap and water or an alcohol-based cleaner often – especially before eating and after touching your face
- ★ Avoid contact with flu victims
- ★ Wash surfaces such as tables and countertops that someone may have coughed or sneezed on
- ★ If someone in your household is sick, remain home. If you are a service member, consult your chain-of-command first
- ★ Disinfect door knobs, light switches, and toilet handles with a store-bought disinfectant or a solution made with  $\frac{1}{4}$  cup of household bleach and a gallon of cold water

Swine Flu (H1N1) is a treatable illness. Medications such as Tamiflu and Relenza can fight it.

Take these steps if you have the flu or think you have the flu:

- ★ Don't Panic
- ★ Consult your health care provider. If you are a service member, follow the normal procedure for reporting illness. Do not report for duty unless you have been cleared
- ★ Stay home. If you are a service member, consult your chain-of-command first
- ★ Cough or sneeze into disposable tissues, and discard them in a plastic bag after use
- ★ Wash your eating utensils in hot, soapy water after each use
- ★ Don't share objects such as remote controls or pens

