

Novel Influenza A H1N1 Virus (Swine Flu)



What you can do to protect yourself and prevent the spread of Novel Influenza A H1N1 Virus



Wash your hands often

Cover your cough

Cover your sneeze



Department of Public Health
www.fcdph.org

Symptoms of Novel Influenza A H1N1 Virus are similar to the symptoms of regular seasonal influenza. Take these steps to protect yourself from Novel Influenza A H1N1 Virus, seasonal influenza, and other respiratory illnesses.

Steps to protect yourself and other people:

- Wash hands often with soap and water especially after coughs and sneezes. Alcohol-based hand sanitizers can be used
- Cover coughs and sneezes using the angle of your elbow or a tissue
- Avoid close contact with sick people
- Stay home from work or school if you get sick with the flu
- Avoid social gatherings if you are sick or if you have a medical condition that increases your risk of flu
- Get a flu shot each fall for seasonal flu

Limit contact with other people to prevent the spread of the Novel Influenza A H1N1 Virus



Cover coughs and sneezes



What to do if you get the flu:

- Rest at home - limit contact with other people
- Drink plenty of fluids
- Cover coughs and sneezes
- Wash hands often with soap and water especially after coughs and sneezes
- Alcohol-based hand sanitizers can be used

Flu symptoms:

- Fever
- Cough
- Body aches
- Headache
- Sore throat
- Chills and Fatigue
- Vomiting and Diarrhea

Call your health care provider if you have these symptoms

Stay home from work or school if you get sick with the flu

If the emergency warning signs listed below occur, call your health care provider, go to the emergency room or dial 911

Emergency warning signs in children:

- Fast breathing or trouble breathing
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

Emergency warning signs in adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

For more information, visit the Fresno County Department of Public Health website at www.fcdph.org or call the toll free Novel Influenza A H1N1 Virus Information Line at 1-888-993-3003

Kab Mob Khaub Thuas (Npua) Novel Influenza A H1N1 Virus



Tiv thaiv koj tus kheej thiab cheem kom tus kab mob Novel Influenza A H1N1 tsis txhob kis



Nquag Ntxuav Tes

Npog ncauj thaum hnoos

Npog ncauj thaum txham



Tus cwj pwm mob ntawm Novel Influenza A H1N1 ces zoo nkaus li tus khaub thuas thaum caij ntuj no. Yog li, siv kev tiv thaiv li nram qab nod kom koj zam dhau tus khaub thuas Novel Influenza A H1N1, tus khaub thuas ntuj no, thiab lwm yam kev mob.

Tiv thaiv koj tus kheej thiab lwm tus:

- Nquag siv dej thiab xuj npus ntxuav tes tom qab thaum txham thiab hnoos
- Siv cov tshuaj ntxuav tes uas muaj cawv 90 nyob haud los tau
- Txham thiab hnoos rau koj kem tes luj tshib los yog rau daim ntawv so ncauj
- Txhob nyob ze tus neeg uas mob lawm
- Yog koj mob khaub thuas lawm, tsis txhob mus ua hauj lwm los yog tom tsev kawm ntawv
- Txhob mus koom nrog neeg ua tsheej pab thaum koj tau khaub thuas thiab thaum koj tseem mob lwm yam
- Mus txhaj tshuaj thaiv khaub thuas ua ntej lub caij ntuj no

Qee qhov uas koj nrog lwm tus kom tus kab mob Novel Influenza H1N1 thiaj tsis kis



Npog ncauj thaum hnoos thiab txham



Yog koj mob khaub thuas lawm:

- So tom tsev—qee kev nrog nrog lwm tus
- Haus kuas thiab dej kom ntau
- Npog ncauj thaum hnoos thiab txham
- Nquag siv dej thiab xuj npus ntxuav tes tom qab thaum hnoos thiab txham
- Siv cov tshuaj ntxuav tes uas muaj cawv 90 nyob haud los tau

Cwj pwm mob khaub thuas:

- Kub ib ce
- Hnoos
- Mob ib ce
- Dias taub hau
- Mob qa
- Ua dau no thiab qaug zog
- Ntuav thiab zawv plab

Hu koj tus kws kho mob yog koj muaj mob raws li hais nod

Yog koj mob khaub thuas, tsis txhob mus kawv ntawv los mus ua haujlwm

Yog muaj mob ceev raws li hauv qab nod, hu tamsim rau tus kws kho mob, mus ceev rau tom tsev kho mob los yog hu 911

Kev mob ceev ntawm me nyuam yaus:

- Ua pa ceev heev los yog ua tsis taus pa
- Haus tsis taus dej
- Pw tsis sawv los yog tsis nquag ua si
- Quaj tas li thiab tsis kam puag
- Khaub thuas zoo lawm tabsis rov qab kub taub hau thiab hnoos dua
- Kub ib ce thiab mob pob

Kev mob ceev ntawm tus laus:

- Ua tsis taus pa los you ua pa ceev heev
- Mob hauv siab los yog mob plab
- Taub hau kiv los yog tsaus muag
- Tsis meej pem
- Ntuav heev los yog ntuav tsis paub tsum

Xav paub ntau ntxiv, mus saib Tuam Tsev Saib Kev Noj Haus Huv qhov website www.fcdph.org los yog hu dawb mus nug kom paub zoo txog tus kab mob khaub thuas Novel Influenza A H1N1 ntawm tus xov tooj 1-888-993-3003



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