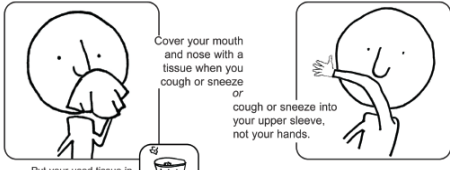


# H1N1 Poster Information

Stop the spread of germs that make you and others sick!

## Cover your Cough




Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve, not your hands.

Put your used tissue in the waste basket.

## Clean your Hands

after coughing or sneezing.




Wash hands with soap and warm water or clean with alcohol-based hand cleaner.

Swine Influenza Information Line: **2-1-1**  
www.sdcounty.ca.gov

Logos: MDH, APIC, PHS, CDC

[http://www.sdcounty.ca.gov/Portal/docs/Coveryourcough\\_English.pdf](http://www.sdcounty.ca.gov/Portal/docs/Coveryourcough_English.pdf)

## Do you feel sick?



You may have the flu if you have fever or chills  
**AND**  
a cough or sore throat

You may also have a runny nose, body aches, a headache, tiredness, diarrhea, or vomiting

**If you think you have the flu, stay home or in your residence, except to get medical care.**

For more information visit [www.flu.gov](http://www.flu.gov) or call 1 (800) CDC-INFO (232-4636)

Logos: CDC, Department of Health and Human Services

<http://www.flu.gov/plan/school/higheredtoolkit.pdf>

## Wash Your Hands



Protect yourself. Prevent disease!

Lávese las manos    Hãy rửa tay    Hugasan ang iyong mga kamay  
請洗手    手を洗いましょう。    손을 씻으십시오

ALCOHOL BASED HAND SANITIZER Hand Cleaner

A message from your local health officer and the California Department of Health Services, Division of Communicable Disease Control. WMA 813 11/04

<http://www.sdiz.org/catalog/catalog.asp>

## HEALTH ALERT:

Coughing spreads germs. Protect yourself and others.



- Cover your coughs
- Ask about a face mask
- Clean hands often

## ALERTA DE SALUD:

Al toser se transmiten microbios. Protéjase Ud. y a los demás.

- Tápese la boca al toser
- Pídale si debes usar una máscara de cara
- Lávese las manos con frecuencia

Logos: Infection: Don't Pass It On, Department of Veterans Affairs

<http://www.publichealth.va.gov/infectionDontPassItOn>

[http://www.publichealth.va.gov/flu/materials/posters\\_respiratory\\_etiquette.asp](http://www.publichealth.va.gov/flu/materials/posters_respiratory_etiquette.asp)

# H1N1 Poster Information

**ARE YOU READY?**

**Get Ready**  
www.aphagetready.org

**What is H1N1 (swine flu)?**

H1N1 (originally referred to as "swine flu") is a new influenza virus for which a pandemic alert was declared due to how quickly it spread around the world. First detected in March 2009, symptoms of H1N1 include the same things you might experience with seasonal flu: fever, cough, fatigue, headache, chills, body aches, sore throat, diarrhea and vomiting. As with the seasonal flu, the H1N1 virus has also been associated with cases of severe illness and death.

**How do you get H1N1 flu?**

H1N1 is spread the same way as the seasonal flu - from person-to-person, especially through an infected person coughing or sneezing. You may also catch it by touching things that have the virus on it and then touching your mouth or nose. You cannot get H1N1 flu from eating pork.

**How do you prevent H1N1 flu?**

There are very simple ways to protect yourself from H1N1 flu. Number one, wash your hands frequently, especially when you are in public places. Stay at least three feet away from anyone who is coughing or sneezing. If someone around you appears sick, avoid touching your eyes, nose and mouth and any surfaces the sick person touches until you have a chance to wash your hands. If you are living with someone who has the H1N1 flu, it's important to protect yourself. Care for yourself by wearing a mask or a protective cloth over your mouth and nose. Wash your hands frequently and don't share dishes, towels or bed sheets with the sick person.

[aphagetready.org](http://www.aphagetready.org)

<http://www.getreadyforflu.org/customizeGR.htm>

**Germ-Free Zone**






• Don't spread germs. • Cover your cough. • Wash your hands often.

California Department of Public Health, Division of Communicable Disease Control  
Classroom Poster • 888-720 (2025)

<http://www.cdph.ca.gov/programs/immunize/Documents/GermFreeZoneforSchools.pdf>

**What should I use for hand cleaning?**

Washing hands with soap and running water (for as long as it takes to sing the "Happy Birthday" song twice) will help protect against many germs. When soap and running water are not available, wipes or gels with alcohol in them can be used (the gels should be rubbed into your hands until they are dry).

**If your child is sick**

**What can I do if my child gets sick?**

If your child is 5 years or older and otherwise healthy and gets flu-like symptoms, including a fever and/or cough, consult your doctor as needed and make sure your child gets plenty of rest and drinks enough fluids.

If your child is younger than 5, or of any age and has a medical condition like asthma, diabetes, or a neurologic problem and develops flu-like symptoms, including a fever and/or cough, call your doctor or get medical attention. This is because younger children and children who have chronic medical conditions (like asthma or diabetes) may be at higher risk of serious complications from influenza infection, including the new H1N1. Talk to your doctor early if you are worried about your child's illness.

**What if my child seems very sick?**

Even children who have always been healthy before or had the flu before can get a severe case of flu.

Call or take your child to a doctor right away if your child of any age has:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- 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
- Has other conditions (like heart or lung disease, diabetes, or asthma) and develops flu-like symptoms, including a fever and/or cough.

**Can my child go to school, day care or camp if he or she is sick?**

No. Your child should stay home to rest and to avoid giving the flu to other children.

**When can my child go back to school after having the flu?**

Keep your child home from school, day care or camp for at least 24 hours after their fever is gone. (Their fever should be gone without them having taken a fever-reducing medicine.) A fever is defined as 100°F or 37.8°C.

\* Though the scientific evidence is not as extensive as that on hand washing and alcohol-based sanitizers, other hand sanitizers that do not contain alcohol may be useful for killing flu germs on hands in settings where alcohol-based products are prohibited.

For more information, visit [www.cdc.gov](http://www.cdc.gov) or [www.flu.gov](http://www.flu.gov) or call 1-800-CDC-INFO



**Seasonal and Novel H1N1 Flu:**

**A Guide for Parents**



[http://www.cdc.gov/flu/freeresources/2009-10/pdf/pan\\_flu\\_brochure.pdf](http://www.cdc.gov/flu/freeresources/2009-10/pdf/pan_flu_brochure.pdf)