

HEALTH ALERT

Novel H1N1 Flu

Look for these symptoms:

FEVER AND

- **Cough**
- **Sore throat**
- **Runny or stuffy nose**

Other symptoms may include:

- **Body aches**
- **Headache**
- **Fatigue**
- **Chills**
- **Diarrhea**
- **Vomiting**

People with certain chronic medical conditions, adults 65 years or older, children younger than 5 years old, and pregnant women may be at higher risk for severe illness.

IF YOU THINK YOU HAVE H1N1 FLU:

- **Stay at home** or in your hotel room if traveling, except to seek medical care. Do not travel or go to work or school.
- **Avoid close contact** with others for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer.

EVERYONE SHOULD:

- **Cover your mouth and nose** with a tissue when you cough or sneeze.
- **Wash your hands often** with soap and water or use an alcohol-based hand gel.
- **Avoid touching your eyes, nose or mouth.**
- **Avoid contact with ill persons.**



For more information:

- Visit <http://www.cdc.gov/h1n1flu>
- Contact CDC 24 Hours/Every Day
 - > **1-800-CDC-INFO (232-4636)**
 - > **TTY: (888) 232-6348**
 - > cdcinfo@cdc.gov
- Contact your local or state health department

H1N1 Travel Health Alert Notice, 05-09



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