



San Bernardino County Department of Public Health
Preparedness and Response Program

H1N1 INFLUENZA

H1N1 Influenza is a respiratory disease caused by Type A influenza virus. The virus is thought to spread the same way that a seasonal flu spreads by coughing, sneezing or touching infected surfaces.

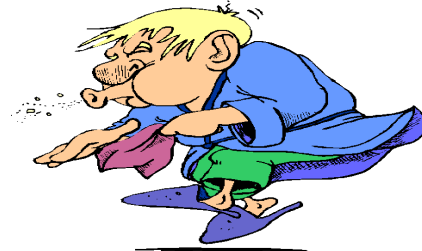
Preventing the Flu:

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often with soap and water. Alcohol-based hand cleaners are also effective
- Try to avoid close contact with sick people.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- If you get sick, stay home from work or school and limit contact with others to keep from infecting them.



Signs and Symptoms:

- Fever, greater than 100° F
- Cough
- Sore Throat
- Body Aches
- Headache
- Vomiting
- Diarrhea



If You or Your Child are Sick:

- Stay home and avoid contact with other people as much as possible to keep from spreading germs to others.
- Contact your health care provider, particularly if you are worried about your symptoms.

For more information:

- Call San Bernardino County Department of Public Health between the hours of 8AM - 5PM, Monday-Friday at **1-800-782-4264**.
- You can also go to the California Department of Public Health website at www.cdph.ca.gov or call the 24 hour hotline number at **1-888-865-0564**
- Contact Centers for Disease Control and Prevention website at: www.cdc.gov/swineflu or call **1-800-232-4636**.