



FACT SHEET – Swine Flu (H1N1)

Swine Flu (H1N1) is a new type of flu.

Swine flu (H1N1) is a new strain of flu that is spread the same way seasonal flu viruses are, but it is different. People can spread the flu virus when they cough or sneeze. You can get swine flu by touching something with the flu virus on it. You will need to get separate flu shots for seasonal flu and swine flu.

You can get swine flu from other people.

To protect yourself and others from swine flu:

- Wash your hands often with soap and warm water.
- Cough into your sleeve, not your hand.
- Keep away from people who are sick with the flu.

To care for someone with the swine flu:

- Check for a fever.
- Give the person small amounts of water (if not throwing up).
- Put used tissues in a trash bag.
- Keep the person at home for at least 24 hours after the fever is gone.

Swine flu can make you feel very sick. Contact your doctor or health care provider if you have:

- Fever higher than 100.4 degrees
- Headache
- Cough
- Weak and tired
- Diarrhea
- Chills
- Sore throat
- Stuffy nose
- Throwing up

Contact your doctor or health care provider right away if you or your child:

- Has trouble breathing
- Feels pain in the chest or stomach area
- Is not waking up
- Feels dizzy
- Throws up often

FOR MORE INFORMATION:

Kentucky Cabinet for Health and Family Services
Frankfort, Ky.

<http://healthalerts.ky.gov>

Kentucky Regional Poison Center
Louisville, Ky.

EMERGENCY: 1-800-222-1222

The Centers for Disease Control and Prevention (CDC) Atlanta, Ga.

Toll free: 1-800-232-4636

<http://www.cdc.gov/h1n1flu>



Lexington-Fayette County Health Dept.
859-288-7529

www.lexingtonhealthdepartment.org