

H1N1 Novel Influenza

For the general public

What is H1N1 novel influenza (formerly known as swine flu)?

H1N1 novel influenza is a respiratory illness caused by a virus. H1N1 is a certain kind of influenza that can cause infection in humans.

What are the signs and symptoms of H1N1 novel influenza?

The symptoms are similar to seasonal flu:

- fever (above 100°F)
- cough
- sore throat
- stuffy nose
- in some cases diarrhea and vomiting

How does H1N1 influenza spread?

- When a person with flu coughs or sneezes.
- Touching something with flu viruses on it and then touching your eyes, nose, or mouth.

What can I do to protect myself from getting sick?

- Cover your nose and mouth with a tissue every time you cough or sneeze. Throw the used tissue in the waste basket.
- If you don't have a tissue, sneeze or cough into your sleeve.
- Clean your hands often with soap and water or an alcohol-based hand cleaner.
- Avoid touching your eyes, nose or mouth.
- Avoid close contact with people who are sick, if possible.
- Stay healthy: eat nutritious foods, get enough sleep, and exercise.

What should I do if I get sick?

If you become ill with influenza-like symptoms, including fever, cough, sore throat, and stuffy nose, you should:

- **Call** your healthcare provider to determine if you need influenza testing or treatment.
- Stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.

More information:

- Minnesota Department of Health:
www.health.state.mn.us
Hotline: 1-877-676-5414
TTY: 651-201-5797
- Centers for Disease Control and Prevention:
www.cdc.gov/h1n1/
1-800-CDC-INFO (800-232-4636)
TTY: 1-888-232-6348

If you get sick with flu, stay home and avoid contact with other people as much as possible to keep from spreading your illness to others!



Infectious Disease Epidemiology, Prevention and Control
P.O. Box 64975
St. Paul, MN 55164-0975
1-877-676-5414, TTY: 651-201-5797
www.health.state.mn.us