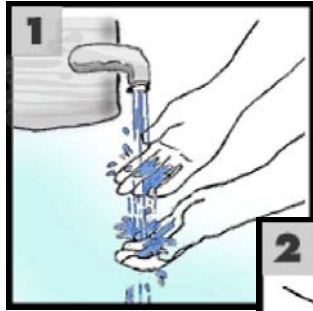
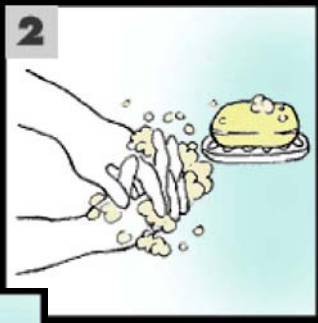


# Prevent the Flu... Wash Your Hands!

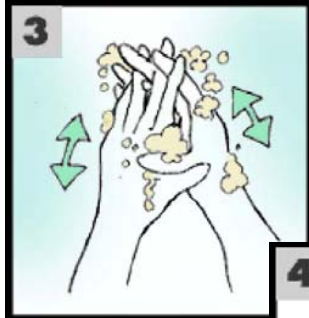


**Wet** your hands

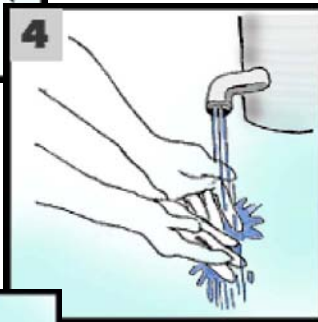
Apply soap



**Rub** for 20 seconds



**Rinse** your hands



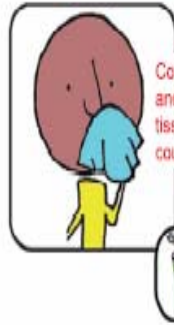
**Dry** with a paper towel and throw away



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

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

## Clean Your hands after coughing or sneezing



Wash hands with soap and warm water



Or clean with alcohol-based hand cleaner

Source: CDC - Centers for Disease Control and Prevention

**Miami-Dade County**  
HEALTH DEPARTMENT

**Epidemiology, Disease Control  
and Immunization Services**

(305) 324-2400 (24/7)

# 2009 H1N1 Influenza



FLORIDA DEPARTMENT OF  
**HEALTH**

Miami-Dade County Health Department

## What is 2009 H1N1 influenza or flu?

2009 H1N1 flu (once referred to as “swine flu”) is a new flu virus causing respiratory illness in people. This virus is currently making people ill all over the world. The Miami-Dade County Health Department (MDCHD) works with local, state, and federal agencies to minimize illness in our community and will conduct a mass vaccination campaign against this virus starting in early Fall 2009.



## How is 2009 H1N1 flu spread?

This virus spreads from person to person, probably in much the same way that regular seasonal flu viruses spread: through coughing or sneezing of people with the flu. Sometimes people may become infected by touching surfaces or shaking hands contaminated with flu viruses, and then touching their eyes, nose or mouth.

## What are the symptoms of 2009 H1N1 flu?



Symptoms of 2009 H1N1 flu include fever, cough, tiredness, or body aches. Some people with 2009 H1N1 flu have also reported runny nose, sore throat, nausea, vomiting or diarrhea.

## How long is someone with 2009 H1N1 flu infectious to others?

Ill people may be able to infect others beginning 1 day before symptoms develop and about 5 to 7 days after becoming sick.

## Should I go to work or school if I have the flu or flu-like symptoms ?

No. Whether you have the 2009 H1N1 flu or seasonal flu, you should stay home and away from work, school and public gatherings until 24 hours after fever or signs of fever are gone without the use of fever-reducing medicine. This is a precaution that protects you, your family, and your community.

## How is 2009 H1N1 flu treated?

People sick with any type of flu should drink enough fluids, get plenty of rest, eat healthy foods, wash hands frequently and stay home to avoid spreading the flu to others. Antiviral medications should only be recommended by your healthcare provider.



## What can I do to protect myself from getting sick?

Take these everyday steps to protect your health:

- Get the 2009 H1N1 flu vaccine when it becomes available. The seasonal flu vaccine is also available; it does not protect against the 2009 H1N1 flu.
- Cover your nose and mouth with a clean tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze.
- Use alcohol-based hand cleaners when water and soap are unavailable. Rub it on your hands until they are dry.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you get sick with the flu, stay home from work or school and limit contact with others to keep from infecting them.

## When should I seek emergency care?

Get medical care right away if you experience:

- Difficulty breathing or chest pain
- Seizures or become confused
- Severe vomiting or signs of dehydration such as dizziness
- Purple or blue discoloration of the lips
- Flu-like symptoms that improve, but return with a fever and a worse cough

## How can I get the 2009 H1N1 vaccine?

Contact your healthcare provider and ask if they are offering the vaccine. If not, there will be scheduled community events sponsored by the Miami-Dade County Health Department to administer the vaccine once it becomes available.

The vaccine is recommended with priority for the following groups:

- Pregnant women
- Caregivers of children less than 6 months of age
- Healthcare and emergency medical services personnel
- All persons from 6 months through 24 years of age
- Persons 25 to 64 years old who have health conditions associated with higher risk of medical complications from the flu



## For more information, go to:

U.S. Department of Health & Human Services:  
[www.flu.gov](http://www.flu.gov)

Centers for Disease Control and Prevention:  
[www.cdc.gov/h1n1](http://www.cdc.gov/h1n1) 1-800-232-4636

Florida Department of Health:  
[www.doh.state.fl.us](http://www.doh.state.fl.us) 1-877-352-3581

Miami-Dade County Health Department:  
[www.dadehealth.org](http://www.dadehealth.org) 305-324-2400