

2 Ways to Stop H1N1 (Swine) Flu

Updated: November 1, 2009

H1N1 (swine) flu can pass from person-to-person. Symptoms of H1N1 flu include fever with a cough. Protect your family and loved ones by taking precautions.



1. Prevent the Flu

- **Wash your hands often** with soap and water. Alcohol-based hand cleansers can also help.
- **If you get sick with flu symptoms, stay home** until your fever has been gone for at least 24 hours.
- **Cover your cough or sneeze** with your sleeve or a tissue.
- **Avoid contact with others who are sick.**



2. Get Your Flu Vaccine

The H1N1 flu vaccine is made the same way as the regular seasonal flu vaccine, which has a very good safety record. Check with your doctor or the Health Services Department about getting the H1N1 vaccine for yourself and loved ones when it becomes available.

Together, we can keep our communities healthy

Learn More

El Dorado County Health Services Department – www.edcgov.us/publichealth
Public Health Hotline – (530) 621-6140 (Recorded Information)

State Swine Flu Hotline - 1-888-865-0564 (Operators Available)

General H1N1 Flu Information and Resources – www.flu.gov