

## Protect Your Neighbors

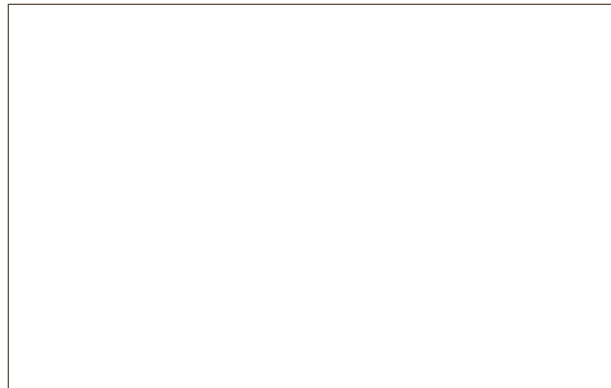
Local health officials caution that a pandemic flu outbreak is anticipated to get worse during the upcoming flu season and impact (*insert county name*) and may cause disruption of work, schools, community services and might even affect health care services. These actions will be communicated to you by using the Pandemic Flu Facts identifier under the direction of your county health officials. Your participation will help to reduce the impact the flu has on your family and friends, as well as your county.



## Community Response

Local health officials have a plan to address a pandemic influenza outbreak and maintain normal patient care. Look for official communications using the Pandemic Flu Facts identifier.

**For more specific (*insert county here*)  
flu information, visit  
[www.nwopandemicflu.org](http://www.nwopandemicflu.org)**



Information Herein Based on Facts Available  
August, 2009



# What Is The Flu?

## What is the Flu?:

Flu is a severe respiratory infection caused by a virus. Seasonal flu symptoms can come on suddenly and include:

- ✓ Fever of 100° or higher
- ✓ Dry cough
- ✓ Sore throat
- ✓ Body aches
- ✓ Headache
- ✓ Chills
- ✓ Tiredness
- ✓ Respiratory congestion

The symptoms of the novel H1N1\* virus are similar to the seasonal flu, with some people reporting diarrhea and vomiting associated with the flu. The novel H1N1 virus may also cause a worsening of chronic medical conditions, such as heart disease, asthma, and diabetes, just as the seasonal flu.

Those considered at high risk for the novel H1N1 virus include pregnant women, children and young adults from 6 months to 24 years, and people 25 to 64 years with underlying medical conditions.



## The Steps You Should Take

Contact your health care provider immediately if you suspect you have the flu. Only a physician may determine if you have the flu and whether it is the novel H1N1 virus or the seasonal flu.

\* Symptoms as of August, 2009

## Protect Yourself and Your Family

If you or someone in your family gets the flu, follow these steps to help protect other family members.

- ✓ No visitors for the sick person and only one person should care for him/her if possible
- ✓ Everyone should wash hands or use hand sanitizer frequently, especially if they are with the sick person
- ✓ Use paper towels for drying hands or designate a separate towel for each person in the house
- ✓ Avoid close personal contact with sick people
- ✓ Keep household surfaces clean and disinfected
- ✓ Never share dishes, eating utensils or linens with the sick person until they are thoroughly cleaned

## Caring for the Sick

If you or a family member becomes sick, contact your health care provider. Stay home from work or school and do not leave the house except for medical care.

Some steps you can take to help the sick person and to keep the flu from spreading are:

- ✓ Use fever-reducing medicine and, in adults only, cough or cold medicines. Check with your health care provider before giving any medicine to a baby or child.
- ✓ If possible, keep sick person in a separate room with the door to the room closed
- ✓ Cover coughs and sneezes with a tissue or sleeve
- ✓ Clean hands often with soap and water or hand sanitizer
- ✓ If the sick person must be around other people, he or she should wear a face mask
- ✓ If possible, have sick person use a separate bathroom