

### **What symptoms should I be alert to?**

The symptoms of 2009 H1N1 Flu virus in humans is similar to the symptoms of seasonal flu and include:

- Fever greater than 100 degrees
- Body aches
- Coughing
- Sore throat
- Respiratory congestion
- In some cases, diarrhea and vomiting

### **What should I do if I have symptoms?**

Individuals with the above symptoms should contact their physician, who will determine whether testing or treatment is needed.

### **What else can I do?**

As with any influenza virus, individuals are encouraged to take the following steps to reduce spread:

- Wash your hands thoroughly with soap and warm water or use an alcohol-based hand sanitizer to get rid of most germs and avoid touching your eyes, nose and mouth.
- Stay home when you are sick to avoid spreading illness to co-workers and friends.
- Cough or sneeze into your elbow or a tissue and properly dispose of used tissues.
- Stay healthy by eating a balanced diet, drinking plenty of water and getting adequate rest and exercise.

Above all, stay informed and stay aware.

Check the CDC Novel H1N1 website: <http://www.cdc.gov/h1n1flu> or Morton County Website: <http://www.mtcoks.com/> as needed for updates.

As always, please feel free to call me if you have any questions or concerns.

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