



MONTGOMERY CITY/COUNTY
EMERGENCY MANAGEMENT AGENCY

H1N1 (Swine Flu) Guidance

H1N1, as well as seasonal flu, is primarily spread by the cough or sneeze of an infected person. You may also become infected by touching surfaces that may have the flu virus on it and then touching your mouth or nose.

If you become sick with flu-like symptoms (fever, cough, sore throat, body ache, headache, chills and fatigue) you should seek medical attention and follow the advice of your doctor.

The best protection from H1N1 or seasonal flu is a vaccination. You should take the shots when they become available.

You can reduce your chance of becoming sick with the flu by:

- **Avoid close contact with other people who are sick. If you are sick, keep your distance from others to help prevent the spread of the virus.**

- **Cover your mouth and nose when coughing or sneezing. Properly dispose of the tissue.**

- **Wash your hands often with soap and warm water. If soap and water is not available, use an alcohol based hand sanitizer (at least 60% alcohol)**

- **Avoid touching your mouth, eyes, or nose with your hands**

- **Clean and disinfect commonly used work surfaces**

For more information on H1N1 or seasonal flu visit www.cdc.gov or www.adph.or

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