



## **Flu Symptoms and Prevention** **(October 1, 2009)**

Symptoms of the seasonal flu can include fever, tiredness, weakness, severe muscle and joint aches, dry cough, headache, sore throat, and runny or stuffy nose.

Many people are concerned about the H1N1 flu. It can be spread easily from person-to-person, like the seasonal flu.

Symptoms of the H1N1 flu include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and tiredness. Diarrhea and vomiting can also be symptoms.

There are steps you can take to lower your chances of getting and spreading the flu. These steps are as easy as 1-2-3.

1. Wash your hands often with soap and water or use an alcohol-based hand sanitizer. Use a household cleaner to clean items often touched, like doors and handles, keyboards, the computer mouse, telephones and toys.
2. Cover your nose and mouth with a tissue when you cough or sneeze then throw it away. If you don't have a tissue, cough or sneeze into your inner elbow. Keep your distance from other people. If you are sick, stay home. Remember, you spread the flu even if you are feeling better, up to five to seven days later.
3. Get a flu shot every year to lower your chances of getting or spreading the flu.

If you are pregnant or if you have health problems like diabetes, asthma or heart disease, call your doctor when flu symptoms first appear. Your health condition could be made worse by the flu.

If you would like more information on seasonal flu or H1N1 flu, please visit the Centers for Disease Control web site at [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu).