

WHERE TO FIND MORE INFORMATION ON H1N1

Oregon Public Health Hotline
1-800-978-3040

Oregon Flu Information:
www.flu.oregon.gov

US federal government:
www.pandemicflu.gov

CDC (Centers for Disease Control)
www.cdc.gov

CDC – Stopping the germs at home,
work, and school:
**[www.cdc.gov/germstopper/
home_work_school.htm](http://www.cdc.gov/germstopper/home_work_school.htm)**

WHO (World Health Organization):
www.who.int

Trust for America's Health: What
Businesses Need to Know About
Pandemic Flu Planning:
**[http://healthyamericans.org/
reports/flu/brochures/](http://healthyamericans.org/reports/flu/brochures/)**

Homeland Security: Ready Business:
www.ready.gov

Umatilla County Public Health:
www.umatillacounty.net

Umatilla County Public Health stresses these simple actions to stop germs and prevent illnesses.

1. Protect yourself and others by washing your hands often.
2. Cover your mouth and nose with a tissue or shirt sleeve, not your hand, when coughing or sneezing and discard tissue immediately in a waste container.
3. If you are ill stay home and avoid exposing others to your illness. Do contact your doctor if you have any concerns.

Pendleton (541) 278-5432
200 SE 3rd St.

Office Hours: Monday – Friday
8 a.m. – 5 p.m.

Clinic Hours: Monday & Tuesday
8 a.m. – 5 p.m.
Every other Wednesday (call for dates)

Hermiston (541) 567-3113
435 East Newport

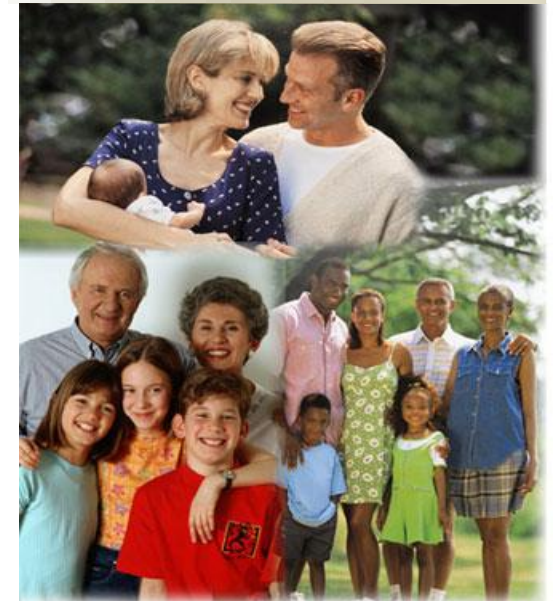
Clinic Hours: Thursday & Friday
8 a.m. – 5 p.m.
Every other Wednesday (Call for dates)



PUBLIC HEALTH

H1N1 Flu (SWINE FLU)

What Everyone Needs to Know



Prevent ♦ Promote ♦ Protect

H1N1 FLU: WHAT EVERYONE NEEDS TO KNOW

WHAT IS THE H1N1 FLU?

- ✓ Often called the swine flu, H1N1 is a new flu virus that can cause people to get sick. It is also called novel influenza A.
- ✓ The H1N1 flu is a pandemic. That means the flu is happening in many different places in the world at the same time.

WHAT ARE H1N1 SYMPTOMS?

- ✓ They are similar to the seasonal flu. They include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also experience upset stomach and diarrhea.



WHAT CAN YOU DO TO AVOID THE FLU?

- ✓ Cover your cough and sneeze.
- ✓ Wash your hands often with soap and water! Always wash after you cough or sneeze.
- ✓ If you cannot wash with soap and water, use an alcohol-based hand sanitizer.
- ✓ Avoid touching your eyes, nose and mouth.
- ✓ When possible, avoid being around people who are sick.
- ✓ Ask your health care provider about flu vaccines and if a vaccine is right for you.

WHAT CAN YOU DO IF YOU GET SICK?

- ✓ If you have H1N1 symptoms that persist or increase in severity, call your health care provider.
- ✓ Stay home if you are sick.
- ✓ Most people can get over H1N1 and other types of flu at home.
- ✓ Get plenty of rest, drink fluids and take-over-the-counter medicine for pain and fever.

GET MEDICAL CARE IF YOU HAVE ANY SERIOUS WARNING SIGNS.

Warning signs include:

- Shortness of breath or trouble breathing.
- Excessive vomiting.
- Pain or pressure in the chest or abdomen.
- Sudden dizziness,
- Confusion.
- Flu-like symptoms that get better but then return with fever and worse cough.

In children, other serious warning signs include:

- Fast breathing.
- Skin turning bluish or gray.
- Not drinking enough.
- Being very hard to wake up or not interacting.
- Not wanting to be held.

There may be other symptoms that present, if you have any questions you need to contact your health care provider.