

Stop the Spread of Flu

The flu is a virus that affects the body's respiratory system. It can be easily passed from person to person. Symptoms of flu include: fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose and muscle aches.

This year, a strain of flu called novel H1N1 (swine flu) began infecting people and has since spread worldwide. Swine flu is not the

same as seasonal flu that occurs yearly. But it spreads the same way the seasonal flu virus spreads. Flu spreads when sick people cough or sneeze. It also spreads by touching objects a sick person touched and then touching your nose or mouth.

Depending on your age and health status, you may need both a seasonal flu shot now and a swine flu shot later, when it is made available.

What you can do to prevent flu:

Prevent the spread of flu with common sense and good hygiene. Follow these tips to avoid flu:

- Wash your hands in warm, soapy water for 15 to 20 seconds — about the time it takes to sing “Happy Birthday” twice.
- Teach children good health habits.
- Cover your cough or sneeze.
- Stay at home if you are sick and contact your health care provider.
- Get a flu shot — you may need a seasonal flu shot and an H1N1 (swine flu) shot.
- Stay informed.

For more information about flu:

Online: healthalerts.ky.gov or flu.gov.

Phone: 1-800-CDC-INFO (800-232-4636)

