

H1N1 Novel Influenza

PATIENT & VISITOR INFORMATION

H1N1 novel influenza (“swine flu”) is a respiratory disease. Symptoms include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people also have diarrhea and vomiting. Flu viruses are spread mainly from person to person, so it is important to practice standard precautions, including:

- Cover your nose and mouth when you cough or sneeze.
- Clean your hands frequently and thoroughly – with soap and water or an alcohol-based hand rub solution. Avoid touching your eyes, nose and mouth.
- Limit your contact with others who may be ill.
- Stay home from work or school – and generally avoid going out in public – if you are sick.
- Make sure you drink enough fluids while you’re sick.
- Those at risk for severe flu or flu complications - including people with underlying medical conditions, young children, individuals 65 or older, pregnant women - should contact their healthcare provider if they have flu symptoms.

For questions:
Stillwater Medical Group
(651) 439-1234 or
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