

# H1N1 AND YOU

**PREVENT:** Wash hands, cover your cough or sneeze, avoid touching your eyes, nose and mouth, sanitize common surfaces, and avoid contact with sick people.

**CONTAIN:** If you are sick, stay home for at least 24 hours after the fever is gone (100° or higher).  
**Signs & Symptoms** include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes diarrhea and vomiting.

**VACCINATE:** The H1N1 vaccine will soon be available to those at greatest risk of H1N1 including pregnant women, people who live with or provide care for children younger than six months of age, healthcare and emergency medical service personnel, people 6 months to 24 years of age and people 25 to 64 years of age with underlying health conditions.



(304) 344-KCHD

[www.kchdhwv.org](http://www.kchdhwv.org)

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## EMERGENCY

### WARNING SIGNS

#### In Children:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

#### In Adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

If you experience any of the above warning signs, please seek medical attention immediately.

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