



H1N1 Flu Virus (Swine Influenza)

Protect Yourself and Others

Good infection prevention measures can help protect you and others from the H1N1 virus

- > Wash your hands often and thoroughly in warm, soapy water or use hand sanitizer
- > Cough and sneeze in your arm, not your hand
- > Keep common surfaces and items clean and disinfected
- > Stay home if you're sick, unless directed to seek medical care

Prevent H1N1 flu virus (human swine flu) with frequent hand washing

- > Hand washing, when done correctly, is the single most effective way to prevent the spread of communicable diseases. Good hand washing technique is easy to learn and can significantly reduce the spread of infectious diseases among both children and adults.

Cover your cough and sneeze

- > Sneeze and cough into your elbow or sleeve or use a tissue. After wiping or blowing your nose with a tissue, throw away the tissue and wash your hands. Keep your fingers away from your eyes, nose and mouth.

Stay at home and avoid crowds when sick

- > If you are sick, avoid going to work and being in large crowds as you can spread influenza easily to others. You should also visit those who are sick only if necessary.

Keep common surfaces clean

- > Keep personal items separate if a household member is sick. Use a disinfectant to clean surfaces around a person who is sick with the influenza. Do not share personal items or drinks.

For more information on the H1N1 virus, contact or visit:

- > NS Health Toll Free at 1-888-451-4222
- > www.gov.ns.ca/hpp/cdpc/h1n1-influenza.asp
- > www.fightflu.ca