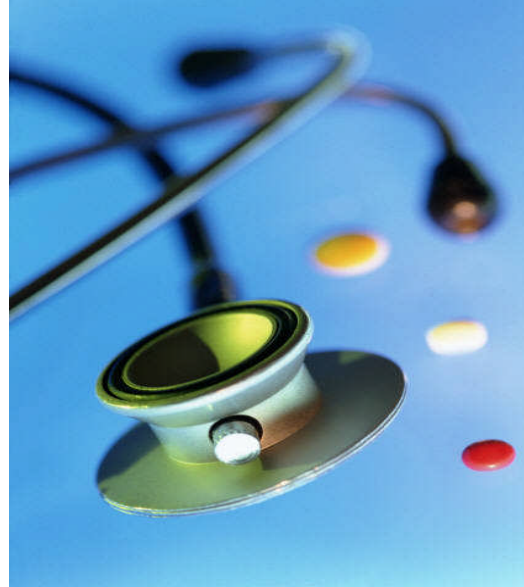


## Protect Yourself, Your Family, and the Community

- Stay Informed. Visit the CDC H1N1 Flu website.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with a flu-like illness, stay home for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer, except to seek medical care or for other necessities.
- Follow public health advice regarding school closures, avoiding crowds, and other social distancing measures.
- If you don't have one yet, consider developing a family emergency plan as a precaution. This should include storing a supply of extra food, medicines, and other essential supplies.

**\*StayWell covers services related to the H1N1 virus.**

**Notice to StayWell Members:**  
\*StayWell Insurance covers treatment for the H1N1 virus. If you have symptoms, please consult your doctor.



*Live Well. Stay Well.*

Brochure provided courtesy of StayWell Insurance

**Disclaimer:** The information herein was extracted from [cdc.gov/h1n1flu/sick.htm](http://cdc.gov/h1n1flu/sick.htm). StayWell is not an expert on the virus. Please contact public health for more information or contact your provider if you have symptoms.

\*Covered services are subject to applicable deductibles and co-payments.

WHAT IS THE NEW H1N1 INFLUENZA aka SWINE FLU?

H1N1 is a new influenza virus that has never before circulated among humans. This virus is not related to previous or current human seasonal influenza viruses.

This brochure contains important information about this virus and how to avoid this virus.

Brochure provided courtesy of StayWell Insurance

**Notice to StayWell Members:**

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## How do people become infected with the virus?

The virus is spread from person-to-person. It is transmitted as easily as the normal seasonal flu and can be passed to other people by exposure to infected droplets expelled by coughing or sneezing that can be inhaled, or that can contaminate hands or surfaces.

## What are the signs and symptoms of infection?

Signs of H1N1 influenza are flu-like, including fever, cough, headache, muscle and joint pain, sore throat and runny nose, and sometimes vomiting and diarrhea.

## Most people experience mild illness and recover at home. When should someone seek medical care?

A person should seek medical care if they experience shortness of breath or difficulty breathing, or if a fever continues for more than three days.

Supportive care at home - resting, drinking plenty of fluids and using a pain reliever for aches - is adequate for recovery in most cases.

Unless necessary for medical care, you should stay home and minimize contact with others, including avoiding travel and not going to work or school, for 7 days after your symptoms begin or until you have been symptom-free for 24 hours,

## Treatment is available for those who are seriously ill.

It is expected that most people will recover without needing medical care. If you have severe illness or you are at [high risk for flu complications](#), contact your health care provider or seek medical care.

Notice to StayWell Members:  
\*StayWell Insurance covers treatment for the H1N1 virus. If you have symptoms, please consult your doctor.

## Emergency Warning Signs

If you become ill and experience any of the following warning signs, seek emergency medical care.

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe persistent vomiting
- Not waking up or not 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

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

