



Updated June 23, 2009, 2:30 p.m.

If you are sick with flu-like symptoms including fever, cough, sore throat, body aches, fatigue, vomiting and/or diarrhea:

1. **STAY HOME (KEEP YOUR CHILDREN HOME IF THEY ARE SICK).** Do not attend public events or frequent public areas.
2. **WASH/DISINFECT YOUR HANDS OFTEN** to lessen the likelihood of spreading infection.
3. **Contact your physician's office if your symptoms persist or worsen.**
4. **If you have flu-like symptoms and go to the hospital, emergency department, walk-in clinic or physician's office immediately ask for a mask to help decrease the spread of infection.**
5. **Make smart choices:**
 - a. if you are mildly ill and wouldn't otherwise seek medical treatment, treat symptoms at home: drink lots of clear liquids, rest, cover your cough, wash your hands
 - b. if your symptoms persist or worsen, contact your medical provider or if necessary go to the nearest emergency department, again, request a mask upon arrival
 - c. **DO NOT PANIC.** While the H1N1 virus (swine influenza) has been confirmed in Potter County and throughout Pennsylvania, symptoms and cases have been mild with no known deaths
6. **Stay informed.** Listen to news on the radio and television. Visit the Centers for Disease Control Website (CDC) www.cdc.gov/swineflu
7. **For updates, contact the Charles Cole H1N1 (Swine Flu) Hotline at 814-260-5279 or toll free 877-364-7904.**

How to lower your chances of contracting the flu:

1. Wash your hands often
2. Cover your cough and sneeze with a tissue or your sleeve/arm
3. Avoid touching your mouth, nose or eyes
4. Use antibacterial hand sanitizer
5. Avoid close contact with those who are sick or who have flu-like symptoms