

Stay healthy this fall!

Here are some simple precautions to help keep H1N1 influenza at bay this season:

- Wash your hands often with soap and warm water, or use your alcohol-based hand sanitizer
- Practice proper cough and sneezing etiquette (cough and sneeze into your arm or a tissue)
- Try to avoid close contact with people who appear to have a respiratory illness
- If you become ill with influenza-like symptoms, stay home for seven days after symptoms begin or until you are feeling well enough to resume normal activities, whichever is longer

What is pandemic H1N1 influenza virus?

It is a new strain of the influenza A virus (2009). The World Health Organization (WHO) has declared it a pandemic virus.

It is a respiratory illness that has never previously been detected in humans and causes symptoms similar to those of the regular human seasonal influenza.

Most people have no immunity to protect them from getting sick with this new virus.

This virus is being detected in many countries around the world and is spread from person to person in communities.

For current information on H1N1 influenza and how it affects you, go to:

www.H1N1.ualberta.ca

