

H1N1 Influenza Virus

“Northern Oklahoma College”

Protect yourself and others with common sense precautions:

1. Wash your hands often, especially after coughing
2. Wash your hands after sneezing
3. Wash your hands after wiping or blowing the nose
4. Cover your mouth when coughing or sneezing
5. Use paper tissues when blowing nose and throw tissue away after use
6. **If sick, stay home**

Check List and warning signs for H1N1 [Swine] Flu

1. Fever-100 f and cough, sore throat or runny nose
2. Pain in chest or abdomen
3. Difficult breathing
4. Dizziness or confusion
5. Persistent vomiting
6. **Stay home and call doctor**