

Preventing the Flu For You, Your 'Ohana and Friends

Illness like the seasonal flu and the new influenza virus H1N1 (formerly called the "swine flu") are caused by viruses that infect the nose, throat and lungs.

These seven steps will help keep Hawaii's 'ohana healthy and help prevent the flu from affecting everyone.

1. Practice good health habits.

Get enough sleep, stay active, manage your stress, drink plenty of water, and eat healthy.

2. Avoid being near people who are sick.

When you are sick, stay away from others.



3. Avoid touching your eyes, nose or mouth.

Germs can spread when you touch something that is contaminated.

4. Stay home when you are sick.

Avoid going to work, school, and doing errands when you are sick. You will prevent others from getting sick.



5. Cover your mouth and nose with a tissue when coughing or sneezing.

Throw the tissue in the trash after you use it.



6. Wash your hands to protect yourself and others from germs.



7. Call your doctor.

If you have a fever, cough, runny nose, and/or body aches, nausea, vomiting or diarrhea, call your doctor. Your doctor will let you know if flu testing is needed.



Serious illness from the flu is more likely to occur in certain groups of people including people 65 and older, pregnant women, people with certain chronic medical conditions and young children.

There are over-the-counter (OTC) medications to relieve the symptoms of the flu (but never give aspirin to children or teenagers who have flu-like symptoms, particularly fever).

For More Information:

Hawaii State Department of Health website:
hawaii.gov/health/

CDC website: cdc.gov/flu/

For More Information on H1N1:

1-866-767-5044

Monday-Friday: 7:00 AM to 7:00 PM
Saturday-Sunday: 9:00 AM to 5:30 PM



HAWAII STATE
DEPARTMENT
OF HEALTH