



## Preventing Influenza

**Symptoms:** The [symptoms](#) of H1N1 flu are similar to the symptoms of seasonal flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with H1N1 flu. If you are sick or think you have H1N1 flu infection, please contact your healthcare provider.

**Prevention:** In addition to getting vaccinated for the seasonal flu and the H1N1 flu virus when vaccine is available, all Californians should practice the following prevention steps:

- **Wash your hands:** Wash your hands often with soap and water. Alcohol-based hand cleaners are also effective.
- **Cover your cough:** Cover your nose and mouth with a tissue when coughing or sneezing and throw the tissue in the trash after use.
- **Stay home when you're sick:** Stay home when you are sick and remain at home until at least 24 hours after you are free of fever.

