



**Public Health**  
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## **FOR IMMEDIATE RELEASE**

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### **H1N1 (Swine) Flu Update**

Troy, MO – The H1N1 influenza virus that emerged in the United States in the spring of 2009 continues to circulate, bringing with it lots of questions.

Novel H1N1 (referred to as “swine flu”) is a new influenza virus causing illness in people. This virus is spreading from person-to-person worldwide, similar to the way seasonal influenza viruses spread.

Flu viruses are spread mainly from person to person through coughing or sneezing by people who have influenza. Sometimes people may become infected by touching something – such as a surface or object – with flu viruses on it and then touching their eyes, nose or mouth.

The symptoms of novel H1N1 flu virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some have reported diarrhea and vomiting.

There is no vaccine available for 2009 H1N1 influenza (Swine Flu) at this time, BUT seasonal flu vaccine will be available soon. Get your seasonal flu shot as soon as possible to protect yourself and your family.

In order to stay healthy and prevent spreading the flu, we suggest you:

- Cover your mouth and nose when you cough or sneeze.
- **WASH YOUR HANDS** or use hand sanitizer frequently.
- Avoid touching your eyes, nose or mouth.
- Avoid sick people.
- Stay home if you are sick. Don't infect others.

For additional information, visit [www.cdc.gov](http://www.cdc.gov) or [www.flu.gov](http://www.flu.gov).

Be sure to check your local newspaper each week for updates.