



What you need to know...

- **How long does it take before signs of illness begin?**
Between 1 and 4 days.
- **When are people that have contracted H1N1 infectious?**
People start being infectious one day prior to any symptoms showing and remain infectious until they have been fever free for at least 24 hours.
- **What are the symptoms of H1N1 vs. the Flu?**
Symptoms of both are fever, cough, sore throat, runny or stuffy nose, body aches, and fatigue. New symptoms of the H1 N1 are vomiting and diaherra.
- **How is the virus spread?**
Through body fluids. Coughing, sneezing, germs can live from 2 to 8 hours on most surfaces. People are encouraged to sneeze into clothing, not in hands! If you sneeze into your hands, wash them immediately or disinfect. Wash your hands frequently and resist touching your face.
- **The best source of prevention is to insure that sick adults and children STAY HOME until they have been fever free for more than 24 hours.**