



Influenza A (H1N1) (1.2) --- Preparedness & Prevention

Spread of swine influenza A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads.

- Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.
- Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. We know that some viruses and bacteria can live two hours or longer on surfaces like cafeteria tables, doorknobs, and desks. Frequent hand washing will help you reduce the chance of getting contamination from these common surfaces.
- You cannot get swine influenza A (H1N1) from eating or preparing pork. The virus is not spread by food, and eating properly handled and cooked pork products is safe.

Tips from the CDC about protecting yourself from illness:

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often with soap and warm water for 15 to 20 seconds. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth.
- Try to avoid close contact with sick people.
- If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Try not to touch surfaces that may be contaminated with the flu virus.

For the most current information, please visit the [World Health Organization](#) or [Centers for Disease Control and Prevention](#).

If you have any questions or concerns related to influenza A (H1N1), contact [On Call International](#) toll-free at 800-407-7307 or 603-898-9159. You can also email On Call at mail@oncallinternational.com. Assistance Coordinators are available to assist you now.