



# Center for the Study of Traumatic Stress

Understanding the Effects of Trauma and Traumatic Events to Help Prevent, Mitigate and Foster Recovery for Individuals, Organizations and Communities  
A Program of Uniformed Services University, Our Nation's Federal Medical School, Bethesda, Maryland • [www.usuhs.mil/csts/](http://www.usuhs.mil/csts/)

## PROTECTING YOUR HEALTH AND THE HEALTH OF YOUR FAMILY: *H1N1 Influenza Guidelines from Centers for Disease Control and Prevention (CDC)*

It is important to protect your health and the health of your family for risk of H1N1 influenza (referred to as “swine flu” early on). This virus is spreading from person-to-person worldwide in much the same way that regular seasonal influenza viruses spread.

Use the simple and practical advice below, and post this fact sheet on your refrigerator or some visible spot in your kitchen. Create a kit with a small package of tissues and a small bottle of hand sanitizer in a clear sandwich bag for school age children and for your car or at work to reinforce the health habits below.

### Everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water for 15-20 seconds, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you become ill, stay out of work/school until you are without fever or have no need for fever reducing medication (i.e., aspirin) for a minimum of 24 hours.
- Healthcare workers and visitors should stay away from healthcare settings for 7 days from onset of symptoms or until symptom free – whichever time period is longer.

### Other important actions:

- Follow public health advice regarding school closures, avoiding crowds and social settings in which people are in close contact.
- Prepare in case you get sick and need to stay home for a week or so; have on hand a supply of over-the-counter medicines, alcohol-based hand rubs, tissues and other helpful items to avoid the need to make trips out in public while you are sick and contagious.
- Stay informed through newspapers, television, radio and websites listed below.
- Find healthy ways to deal with stress and anxiety.

### Signs and Symptoms:

- Fever (temperature > 100 degrees F )\* or may be absent
- Cough
- Sore throat
- Fatigue
- Headache
- Muscle aches
- Diarrhea
- Vomiting

Call 1-800 CDC-INFO for more information or visit the following web sites, which are updated regularly: [www.cdc.gov/flu/](http://www.cdc.gov/flu/) and [www.redcross.org/pandemicflu](http://www.redcross.org/pandemicflu)



Center for the Study of Traumatic Stress  
Uniformed Services University of the Health Sciences  
4301 Jones Bridge Road, Bethesda, MD 20814-4799  
Tel: 301-295-2470 | Fax: 301-319-6965  
[www.usuhs.mil/csts](http://www.usuhs.mil/csts) | [www.CSTSONline.org](http://www.CSTSONline.org)

A partnering center of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury