

Sometimes the common flu... is not so common.

What's the difference:

Seasonal (or common) flu: Flu is a respiratory illness that can be spread person to person. A flu shot is available and you should get one every year.

H1N1 flu: Is a new flu virus of swine origin that was first detected in April, 2009. Public health officials have determined that this strain of H1N1 flu virus spreads from human to human and can cause illness.

Steps to staying healthy



1. Clean Hands. Wash your hands with soap or hand sanitizer and warm water after coughing, sneezing, caring for the sick, using the bathroom or handling garbage or animal waste.



2. Cover mouth/nose. Use a tissue when coughing or sneezing, if you don't have a tissue, cough or sneeze into your upper sleeve—not your hands.



3. Don't touch eyes, nose & mouth. Contain the spreading of germs to these areas by not touching them.



4. Keep social distance. In the case of a flu outbreak, avoid crowds, limit travel and work from home if possible.



5. Don't share germs. Things that go into your mouth, such as straws and drinking cups shouldn't be shared with others.



6. Stay Healthy. Get plenty of sleep, exercise, drink lots of water and eat healthy foods.