

Healthy Habits to Keep You Well

Healthy habits can protect everyone from getting germs or spreading germs at home, school, or work. Simple actions, like covering your mouth and nose and cleaning your hands often, can stop germs and prevent illnesses and reduce sick days.



Corpus Christi Nueces County
Public Health District



Public Health
Prevent. Promote. Protect.

For General Public Information Call
361-826-7200

For more information visit:

www.ccpublichealth.com

www.cdc.gov/flu/

[www.avma.org/public_health/influenza/
default.asp](http://www.avma.org/public_health/influenza/default.asp)

[www.pork.org/PorkScience/Documents/
PUBLICHEALTH%20influenza.pdf](http://www.pork.org/PorkScience/Documents/PUBLICHEALTH%20influenza.pdf)

www.befoodsafe.gov

SWINE FLU



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U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION

US DEPARTMENT OF AGRICULTURE

Swine Flu Virus and Nueces County

Since the first case was reported in April of 2009, the Corpus Christi-Nueces County Public Health District continues to monitor the Swine Flu virus outbreak.

If you are experiencing flu like symptoms, there are some simple steps that can be taken to break the cycle of illness and stop any possible spread of the H1N1 Flu.

What are flu like symptoms?

- Sudden onset of fever over 100°F
- Cough, sore throat and lethargy
- Aches and pains, weakness
- May experience nausea or diarrhea

If Exhibiting Symptoms

If you are experiencing the symptoms listed below, take the following steps:

- Isolate yourself and stay away from other family members.
- Keeping a six foot distance from others provides a good barrier.
- Cover your mouth and nose when coughing or sneezing.
- Wash your hands or use alcohol swabs for cleaning
- Do not go to work or school.
- Avoid crowds.
- Wear a mask when you must be around others.
- Seven days post illness is required to ensure that infection period has passed.

If You Are Not Sick

Even if you are not displaying symptoms of illness there are still a few precautionary measures that can be taken to avoid illness:

- Avoid those that are ill.
- Continue good infection prevention measures such as frequent hand washing.
- Avoid crowds.
- If you are exposed to a case you should call your doctor to see if you need preventative treatment.

