**Pandemic H1N1 2009**
(Swine Flu or Novel H1N1)

**What do I need to know and do?**

People who have H1N1 Flu may be able to infect others even before symptoms develop and up to seven or more days after becoming sick. That means you may be able to pass the flu to someone before you know you are sick, as well as while you are sick.

It is expected that most people will recover without needing medical care. If you have severe illness or you are at high risk for flu complications, seek medical care. Your health care provider will determine the best course of action.

Antiviral drugs can be given to treat those who become severely ill with influenza. These antiviral drugs are prescription medicines (pills, liquid, or an inhaler) that fight against influenza viruses, including the H1N1 Flu virus. These medications must be prescribed by a health care professional.

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**Pandemic H1N1 Influenza 2009** is a contagious respiratory illness caused by a new strain of influenza virus. In March and April 2009, the first confirmed cases of human infection were documented in a number of states, as well as other countries.

The H1N1 Flu can be spread from person to person, but there are simple steps you can take to reduce your chances of getting the flu or any illness. The best way is to wash your hands frequently with warm water and soap, and to cover your nose and mouth when you cough or sneeze.

You cannot catch H1N1 Flu by eating pork or pork products.

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**WHAT YOU CAN DO TO STAY HEALTHY:**

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue away afterwards.
- Wash your hands often with soap and water, 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 get sick, stay home and limit contact with others.

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**H1N1 FLU SYMPTOMS INCLUDE:**

- Fever
- Coughing
- Runny/Stuffy Nose
- Sore Throat
- Body Aches
- Headache
- Chills
- Fatigue
- Nausea and/or Diarrhea

If you have any of these symptoms, please contact your local health care provider or local health department. You can also contact the NC CARE-LINE in English/Spanish and other languages at 1-800-662-7030.

**Local Health Department Contact Information:**

- Bertie County: 252-794-5322
- Camden County: 252-338-4460
- Chowan County: 252-482-6003
- Currituck County: 252-232-2271
- Gates County: 252-357-1380
- Pasquotank County: 252-338-4400
- Perquimans County: 252-426-2100
Get Prepared for ANY Disaster or Emergency!
Protect your health & safety TODAY!

Emergency Supply Kit Essentials:
- One gallon of water per person per day (seven-day supply is preferable)
- Water purification kit or bleach
- First-aid kit and first-aid book
- Pre-cooked, non-perishable food, such as canned meats, granola bars, instant soup, cereal, etc.
- Baby supplies - formula, bottle, pacifier, soap, baby powder, clothing, blankets, diapers, food, juice, etc.
- Non-electric can opener
- Anti-bacterial hand wipes or gel
- Blanket or sleeping bag for each person
- Portable radio or portable TV with extra batteries
- Flashlight and extra batteries
- Essential medications
- Extra pair of eyeglasses
- Extra house and car keys
- Fire extinguisher - ABC type
- Cash and change
- Seasonal changes of clothing, including sturdy shoes
- Important documents and contact information

Sanitation Supplies:
- Large plastic trash bags for waste, tarps, and rain ponchos
- Large trash cans
- Bar soap and liquid detergent
- Feminine hygiene products
- Shampoo, toothpaste, and toothbrushes
- Toilet paper
- Household bleach
- Rubber gloves

Pet Disaster Kit Supplies:
- Proper identification, including immunization records and rabies tags
- Ample supply of food, water, and pet dishes
- Carrier or crate
- Medications
- Muzzle, collar, leash, and toys

Many counties are developing pet-friendly shelter plans. During an emergency, listen to local officials and media to find out if your local shelter provides for pets.

For More Information:
www.ReadyNC.org
www.Ready.gov
www.weather.gov
www.nccrimecontrol.org
www.redcross.org
www.arhs-phpr.org

County Emergency Management:
Bertie County: 252-794-5302
Camden County: 252-335-4444
Chowan County: 252-482-7265
Perquimans County: 252-426-7029

Curtiss County: 252-232-2115
Gates County: 252-357-5569
Pasquotank County: 252-335-4444

The best time to prepare for a disaster or emergency situation is NOW!
Eastern North Carolina has experienced a number of emergency situations, including Hurricane Isabel, various tornadoes, flooding, winter weather, Novel H1N1, and more.
A great way to prepare is to assemble an emergency supplies kit. The kit should have enough supplies for each member of your family for three to seven days. Most people already have these items around the house and it is just a matter of getting them together for an emergency situation or evacuation.
Start with an easy to carry, water-tight container, then consider the following items for your family, and even your pets!

SENIORS & THE DISABLED:
Please contact local emergency management to register for your county’s special needs registry today for help in a disaster!!