



Wyoming  
Department  
of Health

Commit to your health.

# Swine Flu (H1N1), Wyoming, and You

Swine flu (novel H1N1) is a new influenza virus strain spreading around the world and causing illness in much the same way as the more common seasonal flu viruses we see in Wyoming every year. It's worth paying extra attention to, but should be no cause for great fear at this time. Symptoms include fever, cough, sore throat, body aches, headaches and fatigue, and sometimes diarrhea and vomiting. Because swine flu is new, there may be more illness over the coming months than usual. Using the same common-sense actions that help protect you and your family from seasonal flu every year is the best strategy to fight swine flu.

## **What can you do to slow the spread of flu:**

- √ Stay home from work, school or travel while ill with flu-like symptoms. If you are severely ill (such as having trouble breathing), you should seek medical care.
  - √ Wash your hands often and well with soap and water or use an alcohol-based hand sanitizer.
  - √ Cover your nose and mouth with a tissue or sleeve when coughing or sneezing, and throw used tissues in a trash can.
  - √ Avoid close contact with ill persons.
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- √ **Stay tuned for changes and listen for future health announcements about swine flu in Wyoming**
  - √ **Follow advice of local and state public health officials**

More information online at [www.health.wyo.gov](http://www.health.wyo.gov)