

**THE SYMPTOMS**

If you catch the flu, you may not be able to tell whether you have 2009 H1N1 or the seasonal variety, since they both make you sick with the same symptoms, including:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Fatigue
- Diarrhea
- Vomiting



**Wash Your Hands**  
Keeping your hands clean can stop viruses that are living and breeding around you from causing infection.



**Cover Your Cough**  
Block sneezes and coughs with your sleeve or, if you have one, a tissue, and wash your hands afterward.



**Avoid Touching Your Eyes**  
And your nose and mouth. They aren't covered by skin and can pick up the virus more easily.



**If You Are Sick, Stay Home**  
Sick people are hubs for spreading flu, so limiting contact with others can keep the number of cases down.

**TREATMENTS**

**Tamiflu**  
Most effective in the first 48 hours of illness, the drug works against symptoms of the new H1N1, but seasonal flu is resistant to it.

**Relenza**  
Not for young children but effective against both seasonal and 2009 H1N1 flu.

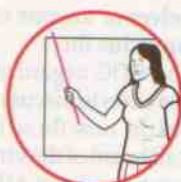
**THE VACCINE**

When the shot becomes available, around mid-October, the CDC recommends that the following people be first in line:

- Pregnant women
- Those in households with babies 6 months old or younger
- Health-care workers
- Everyone from 6 months to 24 years old
- People ages 25 to 64 with conditions like asthma



**Parents**  
Health officials stress that you should keep your kids home only if they are sick. H1N1 of 2009 does not seem to cause illness that's any worse than seasonal flu. In addition to getting them vaccinated against both seasonal and H1N1 flu, teach your kids basic hygiene habits, which can go a long way in preventing the spread of the virus. If your child gets sick, keep him home for **24 HOURS AFTER THE FEVER BREAKS ON ITS OWN**, without the help of medication.



**Schools and Businesses**  
So far, it appears that the H1N1 season will not cause wide-scale shutdowns of schools or businesses. But to control the spread of the disease, the CDC is advising that schools use **SEPARATE ROOMS** where sick students can wait until they go home to recuperate. In the room, these students should be **GIVEN MASKS** to wear until they leave.



**Health-Care Workers**  
Getting vaccinated will be your best defense, since health-care workers will most likely be in contact with people who are sick with 2009 H1N1. In most cases, health officials do not recommend masks, suggesting instead that you maintain a **DISTANCE OF SIX FEET** from those who are ill. In cases where closer care is required, clinicians may consider using a **RESPIRATOR MASK** that filters out viruses circulating in the air.

**And Don't Forget: Throw away your used tissues, and at home, try to use a separate bathroom that is cleaned daily with disinfectant, if possible**

—BY ALICE PARK

ILLUSTRATIONS FOR TIME BY JAMISON SIMPSON