

Children's Health Tips

brought to you by Sutter Roseville Medical Center



Sutter Roseville Medical Center provides women and children in Placer County advanced medical care in a family-centered environment. Sutter Roseville's renowned Family Birthing Center, which was recently updated and expanded, is the only one in the Sacramento region to receive a five-star rating from the national consumer group HealthGrades. In October 2008, it became the first hospital in Placer County to open a Neonatal Intensive Care Unit for preemies and other babies that need specialized care.

Swine Flu: How to Protect Your Family and Yourself

The Swine Flu (H1N1) is a contagious respiratory virus that contains a combination of different flu virus that affects pigs, birds and humans. The swine flu is spread through the air when a person who has the virus sneezes, coughs, or speaks. You can also catch the virus by touching a contaminated surface that someone has sneezed or coughed on.

Who is at high risk?

Children and adults with chronic medical conditions such as diabetes, heart disease and asthma can have more problems coping with the virus and may need medical attention. Pregnant women may also get sicker and having the swine flu can increase the risk for complications.

What are the signs and symptoms of H1N1?

- Symptoms of H1N1 are similar to the symptoms of seasonal flu, which include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue. Some have reported diarrhea and vomiting.

What can you do to protect yourself and family from getting sick?

- Stay informed.
- Cover your nose and mouth with a tissue when you cough or sneeze. Then throw the tissue into the trash.
- Wash your hands often with soap and water, or use alcohol-based sanitizers, especially after you cough or sneeze.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Stay home if you are sick until you have been symptom-free for 24 hours.
- If you are sick and sharing a common space with other household members in your home, wear a plain face mask (like a surgical mask), if available and tolerable, to help prevent spreading the virus.
- Follow public health advice regarding school closures, avoiding crowds and other social-distancing measures.
- **Get your flu shot.**

A swine flu vaccine has been developed and will be available in fall 2009. It's recommended those in the highest risk groups; pregnant women, people who live with children under six months old, children ages six month to 24 years, adults with chronic conditions and health care employees, get the vaccine.



*Sutter Roseville
Medical Center*

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Sources of information:

- Centers for Disease Control: www.cdc.gov/h1n1
- California Department of Public Health: www.cdph.ca.gov

