



Questions About the H1N1 Flu Virus?

We Can Help.

You have heard a lot about the H1N1 flu virus, or the swine flu, lately. Some people are even visiting emergency rooms because they are worried.

The symptoms are similar to seasonal flu. You can protect yourself by taking the same simple steps that you do during the regular flu season:

- When you sneeze, use a disposable tissue.
- Cough into your sleeve.
- Wash your hands often with soap and water.
- Avoid touching your eyes, nose or mouth.
- Stay home if you are sick.

If you are worried, the best place to start is not the emergency room. It is by getting the right answers. And we are here to help.

If you are feeling ill or have questions about the H1N1 flu virus, call HealthLink BC at 8-1-1, visit www.gov.bc.ca or www.facebook.com/h1n1informationbc or follow H1N1BC on Twitter.
