Preventing H1N1 Flu

The H1N1 influenza virus continues to cause illness in the United States and worldwide. The virus is thought to spread in the same way as the seasonal flu, mainly from person to person through coughing or sneezing.

Signs and symptoms of H1N1 include fever, cough, sore throat, body aches, fatigue, and vomiting/diarrhea. It is important for people who are sick to minimize contact with others and stay home from work or school.

The National Park Service is actively involved in nationwide efforts to plan for and respond to H1N1. Protecting the safety and health of our employees and visitors is a top priority, and we want you to know that the simple prevention measures listed below can be very effective.

Influenza (the flu) is a contagious infection of the nose, throat, and lungs caused by influenza viruses

Take these everyday steps to protect your health:

Cover your mouth and nose with a tissue when you cough and sneeze

Wash your hands frequently

Use an alcohol-based hand sanitizer

Avoid touching your eyes, nose, or mouth

If you have a fever, stay home for at least 24 hours after your fever has ended

Get the H1N1 vaccine when it becomes available

NPS Office of Public Health
National Park Service
U.S. Department of the Interior