

# H1N1 (Swine) Flu

Information for the UMass Amherst community at the University Health Services (UHS) website, [www.umass.edu/uhs](http://www.umass.edu/uhs).

## Stay healthy

- Wash your hands often with soap and water or use an alcohol-based hand sanitizer.
- Cough or sneeze into a tissue or your elbow instead of into your hands. Throw used tissues into the trash.
- Avoid touching your eyes, nose or mouth.
- Don't share food, drinks, utensils and other similar items.
- If you're sick, stay home from school or work, and limit contact with others.

## Know the signs

Symptoms of H1N1 flu can include:

- fever
  - cough
  - sore throat
  - runny or stuffy nose
  - body aches
  - headache
  - chills
  - fatigue
- Nausea, vomiting and diarrhea are possible.

## What to do

If you have flu-like symptoms, call your healthcare provider for advice.

For UHS' Triage Advice Nurse, call (413) 577-5229.