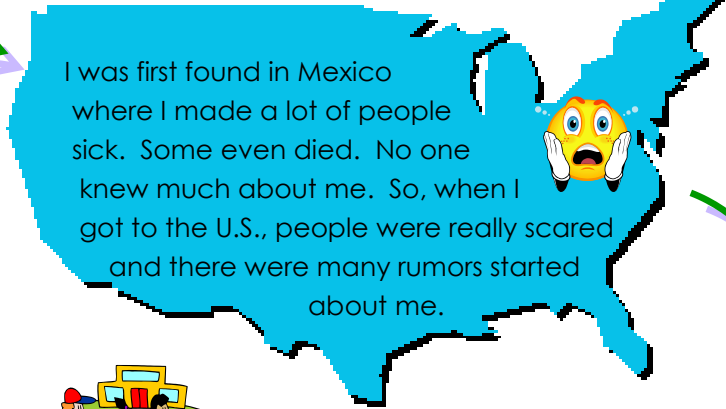




• Hi...  
My name is  
**Swine Flu.**

People call me  
**H1N1 or SOIV**  
• for short.

I am a new flu germ. Flu germs like me make people sick with fever, cough, sore throat, and body aches.



I was first found in Mexico where I made a lot of people sick. Some even died. No one knew much about me. So, when I got to the U.S., people were really scared and there were many rumors started about me.



At schools that were still open, kids who thought their friends looked sick wouldn't go near them on the playground.



I made kids at some schools sick. At first, schools with sick students closed so that other kids wouldn't get sick, too.



Many kids were scared to go to school. They were afraid other kids weren't washing their hands and they would get swine flu.

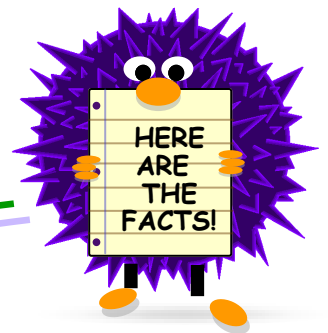


There was even a horrible rumor that when I made someone sick, they always died within 2 days.

# Swine Flu Facts FOR KIDS

## Now scientists know more about me...

1. Swine Flu germs make you sick, but not worse than other flu germs.
2. Almost all the people in the U.S. who have gotten sick from Swine Flu have gotten better—that's THOUSANDS of people!
3. Swine Flu germs are spread from person to person when sick people cough and sneeze—just like other flu germs.



## Stay healthy! Remember these tips...

### There are things you can do so you won't get sick:

- Wash your hands often with soap and water.
- Avoid touching your nose and mouth.

### There are things you should do whenever you get sick:

- Stay at home in bed and get plenty of rest.
- Cover your cough and sneeze with your arm or sleeve.



For more information visit: [www.yakimapublichealth.org](http://www.yakimapublichealth.org). Click on the red "swine flu information" link. The YHD extends a special thanks to Yakima County teachers and nurses for their insights and input.