



# Family and Consumer Sciences

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Family & Consumer Sciences

## Homemaker News / Updates

Louisville Area Homemaker Council Meeting November 16, 9:30 a.m.  
Henry County Extension Office

### Simply Sharing



The Simply Sharing group meets the third Wednesday of each month at 10:30 a.m. November's activity will be "Apple Butter Preserves" All are welcome and encouraged to attend. Please call to register: (502) 255-7188

**County Annual Homemaker Membership \$7.00 due now!**

**Walk for Wellness**  
Walking group is meeting Tuesday and Friday mornings, 9:00 a.m. at the Trimble County Park (rain location Morgan Community Center) Come Join Us!

### Trimble Thimbles Quilting Club



The Thimbles meet every Thursday afternoon at 12:30 p.m. and the first and third Tuesday of each month at 6:00 p.m. New and experienced quilters are welcome to join us!

## H1N1 Frequently Asked Questions

### What is H1N1 influenza (swine flu) and how does it spread?

There are many types of influenza or "flu"

- A new strain of influenza A (H1N1) began spreading worldwide among people in spring 2009
- H1N1 spreads the same way the seasonal flu virus does, through droplets from coughing or sneezing of infected people. It also spreads by touching objects a sick person touched and then touching the nose or mouth

### When did H1N1 become pandemic?

- A flu pandemic is caused by a new flu virus that people have not been exposed to before. The flu virus spreads quickly from person to person.
- The first human cases of this outbreak in the U.S. occurred in late March and early April 2009. The world Health Organization declared 2009 H1N1 a pandemic in June 2009.

### What are the signs and symptoms of H1N1?

- Fever higher than 100 degrees
- Chills
- Cough
- Headache
- Sore throat
- Stuffy nose
- Muscle aches
- Diarrhea and vomiting have been reported by some

### What can people do to prevent H1N1?

- Wash hands often with soap and water or use waterless, alcohol-based hand rubs
- Cover nose and mouth with handkerchief or tissue when sneezing or coughing
- Avoid touching the eyes, mouth, and nose when coughing or sneezing
- Keep children home from school, day care or other social gatherings if they are sick
- Stay home from work or other public settings if you are sick

### If people are sick with H1N1, what should they do?

- If you have a fever, difficulty breathing, a cough, body aches, runny nose, sore throat, nausea, vomiting or diarrhea, you should talk with a health care provide by telephone
- Your health care provided will determine whether testing or treatment is needed

### When should I seek professional treatment?

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

Kentucky Cabinet for Health and Family Services  
Frankfort, KY