

What is the flu?

Influenza (flu) is a virus that may cause an upper respiratory tract infection.

What is H1N1 "Swine" Flu and how is it different from seasonal flu?

H1N1 flu is a new strain to which people have little or no immunity.

How serious is the H1N1 flu?

H1N1 is a more recent occurrence of influenza. It has been called a "pandemic" because it has spread through humans worldwide. The majority of H1N1 flu cases have been very mild. Most have recovered with no complications. Few deaths and hospitalizations have occurred.

What are mild symptoms of the H1N1 flu?

Symptoms include fever (over 100°F), cough, sore throat, runny nose, muscle aches, fatigue, and poor appetite.

What are severe symptoms for which you need to seek immediate medical attention?

People experiencing trouble breathing, problems with drinking fluids, vomiting, and changes in alertness should seek immediate medical attention.

Who are most at risk for complications from H1N1?

• Pregnant women, particularly in the second and third trimesters • infants less than six (6) months of age • People with compromised immune systems and chronic diseases (asthma, diabetes, liver or kidney problems, heart disease, or HIV)

How does the flu spread?

Direct contact with a sick person who is coughing or sneezing. If a sick person has touched their nose, eyes or mouth and has not immediately washed their hands, they may spread the virus.

How do I prevent the spread of flu?

•Cover your cough or sneeze by coughing/sneezing into your elbow and not your hands. •Wash your hands often with soap and water, especially after coughing or sneezing. •Avoid touching your eyes, nose and mouth. •Avoid contact with others if you are sick. Stay home, drink fluids, take acetaminophen or ibuprofen and rest.

What do I do if I feel sick with flu-like symptoms?

STAY HOME. Drink plenty of fluids, take acetaminophen or ibuprofen and rest. Stay at home until twenty-four (24) hours after the fever has gone away without the use of medication.

How long can a sick person spread the flu to others?

The most infectious period is twenty-four (24) hours before feeling sick. You are infectious for three (3) to five (5) days after you become ill. This is why you should wait twenty-four (24) hours after the fever has stopped before returning to normal activities.

How can I protect myself or my child against the flu?

Vaccination against the flu is the most important step you can take to protect yourself and others. Basic hand washing and coughing/sneezing hygiene is important. Staying at home if sick and encouraging sick people to stay at home helps as well.

What do I do if my child is sick?

Keep your child at home. Monitor symptoms and contact your healthcare provider for further guidance.

Is there a vaccine for H1N1?

Yes. There are two types of vaccine available. One vaccine is an injection. The other vaccine is a nasal mist. Both require two doses given a minimum of 21 days apart. The H1N1 vaccine can be given at the same time as the seasonal flu vaccine. Contact your local health department or primary care provider for more information or to schedule an appointment.

Novel H1N1 Flu: A Basic Guide

#1

Take time to get vaccinated.

#2

Cover your cough.
Wash your hands more.

#3

Stay home if you are sick.