H1N1 Flu (Swine Influenza)

CITY-COUNTY HEALTH DEPARTMENT

FACT SHEET

What is H1N1 Flu?

H1N1 Flu is a respiratory illness caused by type A influenza viruses.

What are the Symptoms?

Very similar to seasonal flu, the symptoms in swine flu include:

- Fever (100º F or higher)
- Cough
- Sore Throat
- Body and/or Head Aches
- Chills
- Fatigue
- Possible Diarrhea or Vomiting

How does the H1N1 Flu spread?

H1N1 flu is thought to spread like other seasonal flu viruses spread. This is mainly from person to person through the coughing or sneezing of those infected with the virus.

Sometimes, people may become infected by touching something with the flu virus on it and then touching their mouth or nose.

Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7-10 days after becoming sick.

How Can I Protect Myself From H1N1 Flu?

There are everyday actions that can help prevent the spread of germs that cause the flu.

1. **Wash Your Hands** often with soap and warm water, especially after you cough or sneeze. Alcohol based hand cleaners can also be effective, but are not a *replacement* for hand washing.
2. **Cover Your Nose and Mouth** with your sleeve or a tissue when you cough or sneeze. Throw the tissue away after you use it.
3. **Avoid Touching** your nose, mouth or eyes.
4. **Avoid Close Contact** with people who are ill.
5. **Stay Home** from work or school and limit contact with others if you become ill with influenza until at least 24 hours after symptoms have ended.

Vaccine availability varies, so for updated information on the vaccine, please contact the Health Department.

What Should I Do If I Get Sick?

If you become ill with influenza like symptoms—usually a fever over 100º F and a cough or sore throat—and seem to be getting worse after a day or two, contact your healthcare provider so they can determine whether testing or treatment is needed. You should stay home and avoid contact with others as much as possible.

In Children, these warning signs need urgent medical attention: fast breathing or trouble breathing, bluish skin color, not drinking enough fluids, not waking or interacting, fever with rash, and flu symptoms that improve but return with fever and worse cough.

For more information on H1N1 Flu, please contact a public health nurse at City-County Health Dept. at 454-6950, visit www.cchdmt.org or www.cdc.gov/h1n1flu