

## **Novel H1N1 Flu (Swine Flu)**

Novel H1N1 Flu “referred to as swine flu” is a new flu virus of swine origin that was first detected on April 2, 2009. CDC has determined that this influenza A (H1N1) virus is contagious and is spreading from human to human. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. It is very important to practice good hand hygiene to prevent transmission of the flu virus.

### **Signs and Symptoms Of H1N1:**

The symptoms of H1N1 flu in people are similar to the symptoms of regular human flu and include: fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with H1N1 flu. Like seasonal flu, H1N1 flu may cause a worsening of underlying chronic medical conditions.

### **Should I be wearing a face mask to keep from getting sick?**

It is not necessary for the general public to use face masks. If you have flu symptoms, however, and visit a health care provider, you will be asked to wear a mask to keep from spreading any virus when you cough or sneeze.

### **What to do if you become sick:**

If you experience any of the above symptoms please seek medical advice for diagnosis and treatment. If any symptoms are severe or are accompanied by shortness of breath, confusion, dizziness, or abdominal pain seek Emergency Care. Your health care provider will determine whether influenza testing or treatment is needed. If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

### **Treatment**

H1N1 flu can be treated with medications. These medications are most effective if treatment is started within 2 days of symptoms.

Current flu vaccine administered in the US does not prevent the H1N1 flu.

### **Ways to prevent spread of H1N1 Flu:**

There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these steps to protect your health:

Frequent hand washing with soap and water

Covering your nose and mouth with a tissue when you cough or sneeze

Avoid touching your eyes, nose or mouth

Practice good health and hygiene

Avoid close contact with sick people

**Other important actions that you can take are:**

Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.

Be prepared in case you get sick and need to stay home for a week or so; a supply of over-the-counter medicines, alcohol-based hand rubs, tissues and other related items might be useful to avoid the need to make trips out in public while you are sick and contagious.

For more information about H1N1 Influenza, please review the following Centers for Disease Control and Prevention Web Site: <http://www.cdc.gov/h1n1flu>