

Fact Sheet: 2009 H1N1 (Swine) Flu

What is H1N1 (swine) influenza?

H1N1 (swine flu) is a new influenza virus causing illness in people. This new virus was first detected in people in April 2009 in the United States. This virus is spreading from person-to-person, in much the same way that regular seasonal influenza viruses spread.

What are the symptoms?

Symptoms are similar to regular seasonal human influenza and usually appear within 1 to 7 days after being infected and may include:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Headache and muscle aches
- Feeling very tired
- Vomiting
- Diarrhea

Most cases are mild but symptoms can be severe enough to require hospitalization. Flu-related complications can occur at any age; however, pregnant women, young children, and people with chronic health problems are much more likely to develop serious complications after H1N1 influenza infection.

How is it spread?

Spread of the 2009 H1N1 virus happens in the same way that seasonal flu spreads. Flu viruses are spread mainly from person-to-person through coughing or sneezing by people with influenza. People may become infected by touching something with flu viruses on it and then touching their mouth or nose. You can not become infected by eating pork or pork products.

What is the treatment?

- Get plenty of rest.
- Drink plenty of fluids to prevent dehydration (i.e., water, juice, and tea).
- Take non-aspirin medication for fever and body aches. Aspirin should not be used in children with viral illnesses since there have been cases associated with the development of Reye's Syndrome.
- H1N1 flu is susceptible to antivirals, like Tamiflu. Consult with your healthcare provider to determine if treatment with antiviral drugs is needed.

How is it prevented?

Prevention measures include:

- Wash hands frequently with soap and water. Alcohol based hand gels are also effective.
- Stay home from work or school if you have a respiratory illness. The CDC recommends staying home for 24-hours after you are fever free without the use of fever reducing medications.
- Avoid close contact with people who are coughing or otherwise appear ill.
- Cover your mouth and nose when you cough or sneeze by using a tissue or your sleeve/elbow. Dispose of the tissue promptly and carefully.
- Avoid touching your eyes, nose and mouth.
- Contact your physician or health care provider if you or your child are experiencing any of the following: difficulty breathing, bluish color skin, not drinking enough fluids, irritability, symptoms improve but then worsen, or have underlying medical conditions and develop flu like symptoms.
- The seasonal flu vaccine does not offer protection for H1N1, however there will be vaccine for H1N1 available in October, 2009.

This fact sheet is for information only and is not meant to be used for self -diagnosis or as a substitute for consultation with a health care provider. For more information call your health care provider or call Washtenaw County Public Health at 734-544-6700.



Visit our website at: <http://publichealth.eWashtenaw.org>
Or the Centers for Disease Control & Prevention at: www.cdc.gov

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