

## H1N1 (swine) Flu

H1N1 (swine) flu is a new influenza virus. Because it is a new strain of influenza, people have little or no immunity. The illness has been most prevalent in young people, age 24 and under. CDC studies suggest that some adults over the age of 60 may be less likely to become infected with the virus.

### What to do to stay healthy

- Wash your hands frequently.
- Avoid touching your eyes, nose or mouth.
- Avoid contact with people who are sick.
- Sneeze or cough into your sleeve. If you can't do this, cover your mouth with a tissue when coughing or sneezing, and wash your hands afterwards.
- Don't share cups, straws, eating utensils
- **Stay home when you are sick.**

### H1N1 (swine) flu vaccine

An H1N1 (swine) flu vaccine is currently in development and is expected to be available in late fall. The CDC has recommended that certain high risk groups receive the vaccine when it is first available. This includes pregnant women, people who live with or care for children younger than 6 months, healthcare and emergency medical services personnel, persons between the ages of 6 months and 24 years old, and people age 25 through 64 years with chronic health disorders or compromised immune systems.



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## How does the virus spread?

H1N1 (swine) flu viruses are spread from person to person through coughing or sneezing by people with influenza or by touching something with flu viruses on it and then touching your mouth or nose.

## Symptoms

The symptoms of H1N1 (swine) flu are similar to the symptoms of seasonal flu and include fever, cough, sore throat, body aches, headache, chills and fatigue.

If you are experiencing mild flu-like symptoms, stay at home, rest and drink plenty of fluids. If you have more severe symptoms, call your healthcare provider.

### In children, severe symptoms that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

### In adults, severe symptoms that need urgent medical attention include:

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



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