

# INFLUENZA A (H1N1)

## (Swine Flu)

### PERSONAL HEALTH FACT SHEET

#### **What is Influenza A H1N1 (swine flu)?**

*Influenza A 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, probably in much the same way that regular seasonal influenza viruses spread.*

#### **How is it spread?**

The Influenza A H1N1 (swine flu) virus is spread from person to person by droplets from the nose, throat and mouth through sneezing, coughing and speaking. People may also become infected by touching something with flu viruses on it and then touching their mouth or nose. You cannot become infected by eating pork or pork products.

#### **How is it treated?**

Stay at home, rest and drink lots of fluids. Consult your health care provider to determine if treatment with antivirals is needed. Children and teens with influenza should not be given aspirin or aspirin products because of the risk of developing Reye's syndrome.

#### **How is it prevented?**

- Avoid close contact with people who are coughing or appear ill.
- Cough or sneeze into your sleeve or a tissue and throw the tissue away immediately.
- Wash hands frequently with soap and water. Alcohol-based hand cleaners are also effective.
- Don't touch your eyes, nose or mouth; germs are spread this way.
- If you are sick, stay home for at least 24 hours after your fever is gone and avoid contact with others.
- A vaccine to protect against Influenza A H1N1 (swine flu) will be available for at-risk groups Fall 2009.

#### **SYMPTOMS OF INFLUENZA A H1N1 (swine flu)**

##### Sudden onset of:

- fever (>100F)
- cough
- sore throat
- runny nose
- body aches
- fatigue

##### Other possible symptoms:

- nausea
- diarrhea
- vomiting

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