



Genesee County Health Department 2009 H1N1 Flu (Swine Flu) Information

What is H1N1 flu (swine flu)?

The H1N1 flu is a viral infection of the respiratory tract caused by the 2009 H1N1 virus. This flu is much like seasonal human influenza (flu).

Who can get H1N1 flu (swine flu)?

Just like regular, seasonal flu, anyone can get the H1N1 flu virus. Updated counts of confirmed H1N1 infections in the United States can be found at <http://www.cdc.gov/h1n1flu/index.htm>

How is the H1N1 flu (swine flu) virus spread?

The H1N1 flu virus is spread the same as seasonal flu. The virus is spread from person to person by droplets from the nose, throat, and mouth through coughing, sneezing and speaking. You **cannot** become infected by eating pork or any pork product.

What are the signs and symptoms of the H1N1 flu (swine flu) in people?

Symptoms of the H1N1 flu are similar to the symptoms of regular seasonal flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people may also have diarrhea and vomiting.

What are the complications of H1N1 flu (swine flu)?

Complications can include pneumonia and sometimes respiratory failure.

What should I do if I get sick?

If you become ill with flu-like symptoms, contact your health care provider to determine if testing or treatment is needed.

Is there treatment for the H1N1 flu (swine flu)?

Your **health care provider** will determine if testing and treatment is needed. Antiviral medications prescribed by a health care provider help fight against the flu by keeping flu viruses from reproducing in your body. For treating influenza, antiviral drugs work best if started within 1-2 days of symptoms.

Children and teens should not be given aspirin/aspirin products to treat the flu because of the risk of developing Reye's Syndrome.

Is there a vaccine for the H1N1 flu virus (swine flu)?

There is no vaccine to protect against the H1N1 virus.

How long can an infected person spread the H1N1 flu (swine flu) virus?

Usually 1 day prior to flu symptoms and up to 7 days after becoming ill.



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How can I stay healthy and avoid getting the flu?

- Cough or sneeze into a tissue and throw tissue in the trash immediately
- Wash you hands often, especially after you cough or sneeze.
- Alcohol-based hand cleaners (60% alcohol concentration) are effective.
- Don't touch your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people when possible.
- If you are sick, stay home and avoid contact with others

What is the most effective way to wash my hands?

- Use soap and running water
- Rub your hands together vigorously for 20 seconds
- Wash all hand surfaces, including:
 - Backs of your hands
 - Wrist area
 - Between your fingers
 - Under your fingernails
- Rinse your hands well
- Dry your hands with disposable paper towel
- Turn off the water using a paper towel instead of using your clean hands

Where can I get more information about the H1N1 flu (swine flu)?

Contact the Genesee County Health Department H1N1 Flu Information Hotline at 810-257-3887 or visit the Genesee County Health Department's website at www.gchd.us and click on the H1N1 Flu Information & Updates link on the left side of the screen.

What can I do to be prepared?

Listen to and follow public health advice regarding school closures, avoiding crowds and other social distancing measures.

Develop a family emergency plan and an emergency kit. More information on developing a family emergency plan and kit can be found at <http://www.pandemicflu.gov> or www.ready.gov.