

# H<sub>1</sub>N<sub>1</sub> (Swine Flu) and YOU: Answers to Your Questions

## What is Swine Flu?

A respiratory disease common in pigs caused by type A influenza viruses. Seldom do humans contract this virus.

## Is the H<sub>1</sub>N<sub>1</sub> virus contagious?

It can be spread from human to human. The virus is **NOT** spread through food. You **CANNOT** become infected by eating or handling pork. Eating properly handled and cooked pork products is safe!

## Signs and Symptoms:

- Fever
- Cough
- Sore throat
- Body aches
- Headache
- Chills
- Fatigue
- Diarrhea
- Vomiting



**Contact your doctor immediately if you have any flu symptoms!!!**

## How does H<sub>1</sub>N<sub>1</sub> spread?

This type of flu spreads like seasonal flu: from person to person and from coughing and sneezing of individuals with the influenza virus. Humans may also contract the virus by touching something contaminated with the flu virus and then touching their mouth, nose or eyes.

## What should I do to keep from getting the flu?

- Wash hands very often.
- Stay in generally good health.

- Get plenty of sleep.
- Be active – exercise.
- Manage stress.
- Drink plenty of fluid (water and fruit juice).
- Eat nutritious foods (fruits and vegetables).
- Avoid touching public surfaces that may be contaminated with the virus.
- Avoid close contact with individuals who are ill.



## Are medicines available to treat H<sub>1</sub>N<sub>1</sub> flu?

As soon as you develop flu symptoms you should call your doctor and ask if a prescription would be appropriate for you. There are some prescription drugs which if taken within two days of contracting the virus may make the illness milder and make one feel better sooner. These prescription drugs may also prevent serious flu complications.

## How long can an infected person spread H<sub>1</sub>N<sub>1</sub> to other humans?

People with the influenza virus infection should be considered contagious as long as they have the flu symptoms and possibly for up to seven days following the illness onset. The elderly and young children may be contagious for longer periods.

## What surfaces are most likely to be sources of contamination?

Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth before washing hands. The virus can live two hours or longer on surfaces like tables, door knobs and desks. Frequent hand washing will help you reduce the chances of contracting the virus from these common surfaces.

## What can I do to protect myself or others from getting sick?

- Cover your nose and mouth with a tissue each time you cough or sneeze.
- Wash hands with warm water and soap often, especially after you sneeze or cough.
- Use alcohol-based hand cleaners when soap and water are not available.
- Avoid touching your eyes, nose or mouth.
- Avoid close contact with sick people.

If you become infected with the flu virus, contact your doctor, stay at home and limit your contact with others!

## When do I seek emergency health care?

If any of the following warning signs occur, seek immediate medical attention.

### Warning signs in children:

- Fast or troubled breathing
- Bluish skin color
- Refusal to drink fluids
- Not waking up or interacting
- Irritable to such an extent that he/she does not want to be held
- Flu-like symptoms improve but then return with fever or worse cough
- Fever with a rash

### Warning signs in adults:

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

## Summary

- **Wash hands frequently**
- **Drink plenty of fluid**
- **Rest**
- **Exercise**
- **Eat nutritious meals and snacks**



### References:

Fact sheet: Center for Disease Control and Prevention  
H<sub>1</sub>N<sub>1</sub> Flu Questions and Answers.  
[http://www.cdc.gov/h1n1flu/swineflu\\_you.htm](http://www.cdc.gov/h1n1flu/swineflu_you.htm)

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