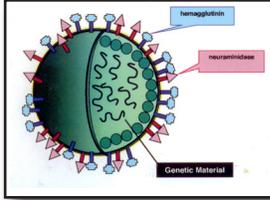


What is H1N1 (swine flu)?

Novel Influenza A H1N1 (commonly referred to as “swine flu”) is a new influenza virus causing illness in people.



This new virus was first detected in people in the US in April, 2009. Individuals throughout the state, country, and world have tested positive for this new strain. This virus is spreading from person-to-person in much the same way that regular seasonal influenza viruses spread.

That is probably the important thing to remember -- that while novel (meaning, we haven't experienced it before and therefore haven't built up immunity to it), this is showing to be very similar to a regular flu season.

Symptoms

- fever
- cough
- sore throat
- body ache
- headache
- chills
- fatigue



See your doctor if you experience severe symptoms. Otherwise, treat symptoms as you would regular seasonal influenza.

Additional Resources

www.flu.gov
www.health.utah.gov/h1n1
www.cdc.gov/h1n1
www.PandemicFlu.gov
www.UtahCountyHealth.org

General Information about H1N1 Flu:

Q & A's, including guidance for treatment and infection control, background information, and audio and video resources: www.flu.gov, www.cdc.gov/h1n1flu or www.cdc.gov/h1n1flu/general_info.htm

2009 H1N1 Flu and You: What is 2009 H1N1 Flu?

www.cdc.gov/h1n1flu/swineflu_you.htm

Key Facts about 2009 H1N1 Flu

How does 2009 H1N1 Flu spread?

www.cdc.gov/h1n1flu/key_facts.htm

Pandemic Preparedness Checklists

Preparedness lists for individuals, businesses, civic groups, etc.

www.utahcountyonline.org/Dept/HealthPreparedPanFlu/Checklists.asp

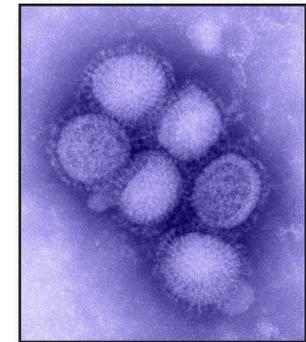
Be Ready Utah: Utah's Emergency Preparedness Campaign

www.BeReadyUtah.gov

or dial 2-1-1

Novel Influenza A H1N1

(or swine flu)



How to help protect yourself and your family

- wash hands regularly
- use an alcohol-based hand gel as per package directions
- avoid those who are sick
- stay in good general health
 - get plenty of rest
 - be physically active
 - manage stress
 - drink plenty of fluids, especially water
 - eat nutritious foods
- avoid touching face/mouth
- develop an emergency family plan and kit
 - how will you take care of children/family members?
 - do you have supplies/medications on hand?



**Don't
share the flu!
Stay home if
you are sick!**

How to help prevent the spread of disease

- wash hands regularly
- stay home when you are sick, keep sick kids home
- cover mouth with tissue, sleeve or elbow when cough (don't use your hands!)

Influenza Vaccination or flu shots

- a **vaccine** is currently being developed, and is expected to be available in limited supplies in October, 2009, with more coming
- due to limited supplies, priority groups may be necessary. Check with your local health department or watch the media for release dates, groups, etc.
- your seasonal influenza shot will not prevent you from getting H1N1, but will help to prevent you from getting the seasonal flu and is important to get
- you **CANNOT** get the flu from the flu shot

Other details of note

- **incubation period**, or the time it takes from when you are exposed to the virus to when you get sick, is generally two to three days (it can be as much as 10 for small children)
- **contagious period**, or the time when you can spread the virus, is one day before you show symptoms, and 24 hours after symptoms cease
- **isolation period**, or the time when you should stay home and limit your contact with others to prevent spread of disease, is one week after you develop a fever or 24 hours after symptoms cease, whichever is longer
- you **CANNOT** get H1N1 by eating pork

Emergency Warning Signs:

If you see these warning signs in yourself or your loved one, you should seek immediate medical care.

Children

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- 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

Adults

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

