



Facts about H1N1 (Swine) Flu

There is a new strain of influenza which can be spread from person to person. The new virus has genes from swine, bird and human influenzas and can infect people. At this time there is no available vaccine for this new influenza. It is a virus and cannot be cured with antibiotics but symptoms can be treated with prescription antiviral medications.

H1N1 influenza, like most flu viruses can be spread:

- From person to person by someone who is sick with influenza and is coughing or sneezing around others.
- By touching something with the flu virus on it and then touching your mouth or nose.

Basic precautions you can take to reduce the risk of spreading illness:

- Wash your hands often with warm water and soap for 15-20 seconds. Dry your hands with a paper towel. Do not share towels.
- If you cannot wash your hands with soap and water, use an alcohol based hand sanitizer. Rub your hands together until the gel is dry.
- Try to avoid close contact with people that are ill.
- Avoid touching your eyes, nose or mouth.
- Cover your cough/sneeze with the inside of your arm or sleeve, **not** your hand.
- If you cover your mouth with a tissue, throw it away and wash your hands.
- Stay home if you are ill. Do **not** go to work or attend public gatherings.
- If you have children who are ill, keep them home from school and/or daycare.

Symptoms of H1N1 flu are similar to the symptoms of regular seasonal influenza and include:

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| • Body aches | • Fever |
| • Chills | • Sore throat |
| • Cough | • Headache |
| • Fatigue | • Runny nose |
| • Some people have reported vomiting & diarrhea | |

When to seek care:

If you become ill and experience any of the following warning signs, you should seek medical care:

Children

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Fever with a rash
- Child so irritable they don't want to be held
- Flu-like symptoms improve but return with fever & worse cough

Adults

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

For more information on how you can protect yourself, your family, and community:

- Washington County Web site with fact sheets and updates from state and local public health officials: <http://www.co.washington.or.us/HHS/swine-flu.cfm>.
- Call the state hotline for further information: 800-978-3040 (8 am to 5 pm).
- Centers for Disease Control and Prevention (CDC): www.cdc.gov/swineflu.