

H1N1 Flu

What are the symptoms of the Flu?

- Fever
- Cough
- Sore throat
- Body Aches
- Headache
- Chills & Fatigue
- Nausea, Vomiting & Diarrhea

How can I prevent getting the Flu?

The single best way to prevent the flu is to get a flu vaccination each year. Other precautions one can take are:

- Wash hands often with soap and water
- Avoid touching your eyes, nose or mouth
- Try to avoid close contact with sick people

What is “seasonal flu” & how is it different than “H1N1 Flu”?

Seasonal & H1N1 Flu are members of influenza class of viruses. Seasonal flu is a group of viruses established in the human population that change year to year & causes human illness mostly in the winter season. Because they change, it is necessary to receive a seasonal flu vaccination every year. H1N1 flu is an influenza virus that has changed from an animal origin to a virus that now infects humans. It contains genetic information that most humans have never been exposed to; this creates the potential for an illness that spreads more rapidly & causes worse symptoms than seasonal flu.

Who should get a seasonal Flu vaccine & H1N1 Flu vaccine?

Anyone who wants to protect themselves against seasonal flu & H1N1 flu, especially students who live in crowded living conditions, people of any age with certain chronic medical conditions or compromised immune systems.

Will the seasonal flu vaccine provide protection against the H1N1 Flu?

No. The influenza vaccine for this year’s seasonal flu does not provide protection against the H1N1 virus.

How do I take care of myself if I think I have the H1N1 Flu?

- Minimize contact with others.
- Always cover your cough.
- Wash your hands frequently & do not shake hands with others while you are ill.
- Stay home until you are free of symptoms for 24 hrs.

Do I need medications to recover from the Flu?

Some people take medication to lessen the symptoms of the flu, but most people do not need medications to recover from the flu. Comfort measures such as Ibuprofen, Acetaminophen, decongestants, cough drops, tea & rest are safe & may help you feel better.

How do I know at what point I should seek medical care for the Flu?

Most people with the flu can stay at home & do not require professional care. But if you are very ill or have other health problems, start early with a call to a medical provider for advice on home care or for an appointment if necessary.

Is H1N1 flu more dangerous than seasonal Flu?

It is still early in the study of H1N1 Flu, but it does appear that certain groups of people are more likely to become ill & for some groups to become seriously ill. But for most people, the H1N1 virus does not appear to be more severe than seasonal influenza.

(Information obtained from the SBCPHD website.)

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