

PUBLIC HEALTH FACT SHEET



COUNTY MICHIGAN
HEALTH DIVISION

Department of Health & Human Services

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H1N1 Flu (*swine flu*)

What is H1N1 Flu (*swine flu*)?

H1N1 Flu (swine flu) is a viral infection of the respiratory tract, much like regular human influenza. The H1N1 Flu (swine flu) currently circulating is an Influenza A (H1N1).

Who can get H1N1 Flu (*swine flu*)?

H1N1 Flu (swine flu) affects all age groups like human influenza.

What are the symptoms?

Symptoms start suddenly with fever, cough, sore throat, runny nose, body aches and fatigue. Some people have reported diarrhea and vomiting.

How is H1N1 Flu (*swine flu*) spread?

The H1N1 Flu (swine flu) virus is spread from person to person by droplets from the nose, throat and mouth through sneezing, coughing, and speaking. You **cannot become infected by eating pork or pork products.**

How long is a person contagious?

Usually 1 day prior to onset of symptoms up to 7 or more days after becoming ill.

Are there complications?

Complications include pneumonia and/or respiratory failure.

Is there a treatment for H1N1 Flu (*swine flu*)?

Yes, your health care provider will determine if testing or treatment is needed. Children and teens with influenza should not be given aspirin or aspirin products because of the risk of developing Reye's Syndrome.

How can H1N1 Flu (*swine flu*) be prevented?

- Avoid contact with infected or sick people whenever possible.
- Cough or sneeze into a tissue and throw away immediately. Wash hands after using a tissue for coughing or sneezing. Alcohol-based hand cleaners are also effective.
- Don't touch your eyes, nose, or mouth. Germs are spread this way.
- Get an annual flu shot if you are a member or caregiver of a high risk group.
- If you are sick, stay home and avoid contact with others.
- No vaccine is available to protect against H1N1 Flu (*swine flu*).

OVER



Hand Washing Instructions:

- Use soap and running water
- Rub your hands vigorously for 20 seconds
- Wash all surfaces, including:
 - Back of hands
 - Wrists
 - Between fingers
 - Under fingernails
- Rinse well
- Dry hands with a paper towel
- Turn off the water using a paper towel instead of bare hands

For more information on Influenza, call (248) 858-1406 or toll free 1 (800) 848-5533.

For additional copies, visit our website at www.oakgov.com/health.