

## At a Glance

- \*H1N1 Symptoms
- \*How to protect yourself
- \* What to do if you are sick



## Did You Know?

- The World Health Organization declared H1N1 flu a pandemic on June 11, 2009
- You cannot get the H1N1 flu virus from eating pork or being around pigs
- An infected person can spread the virus to others from 1 day before getting sick to 5-7 days after
- Influenza virus can survive on an object for 2 to 8 hours and spread to other people

## H1N1 Flu & You

### What is H1N1 flu (swine flu)?

Novel H1N1 flu is a new respiratory virus that has spread worldwide. The virus was called “swine flu” because it was thought to be similar to flu viruses that circulate in pigs. That was found to be wrong and the name was changed to the novel H1N1 virus. You cannot get the virus from eating pork or being around pigs. Most cases of H1N1 flu are mild and last 3-4 days.

### How is H1N1 flu spread?

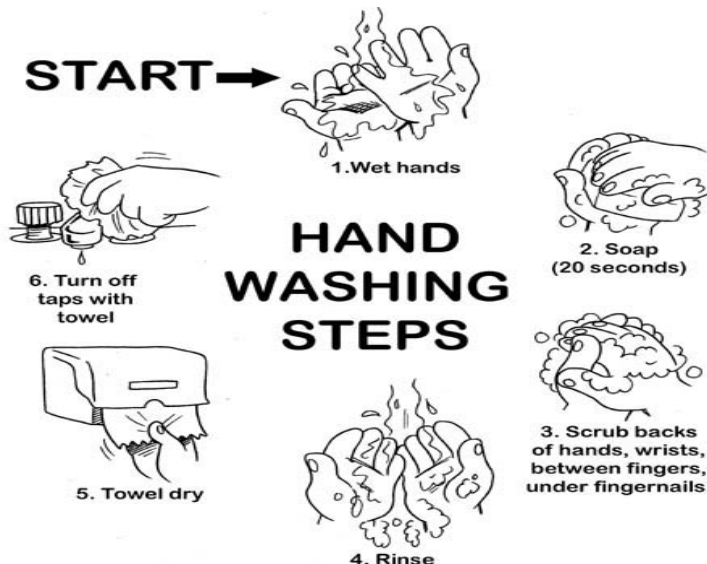
H1N1 flu is spread much like seasonal flu. Infected people spread the virus by coughing and sneezing. It can also be spread when infected people touch objects, such as a door handle leaving flu virus behind. Another person can pick up the flu virus by touching the object and then touching their nose, eyes, and mouth.

### What are the symptoms of H1N1 flu?

Symptoms of H1N1 flu are similar to symptoms of seasonal flu. Most people experience a fever and cough. Sore throat is also common. Other symptoms that may occur include headache, body aches, runny nose, and GI symptoms such as nausea, vomiting, and diarrhea.

### How can I avoid getting sick?

The best way to avoid infection is to wash your hands well with soap and warm water. Alcohol based hand cleaners are also effective. Avoid touching your face. Try to limit contact with sick people. Cover your nose and mouth with a tissue when you sneeze or cough. If children are sick they should stay home from school or daycare. If adults are sick they should not go to work or social events.



## Helpful Websites

**Centers for Disease Control and Prevention**  
[www.cdc.gov/h1n1flu/](http://www.cdc.gov/h1n1flu/)

**World Health Organization**  
[www.WHO.int](http://www.WHO.int)

**CDC-Weekly Flu View**  
[www.cdc.gov/flu/weekly](http://www.cdc.gov/flu/weekly)

**US Department of Health & Human Services**  
[www.hhs.gov](http://www.hhs.gov)

**Know What to Do About the Flu**  
[www.flu.gov](http://www.flu.gov)

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## What should I do if I think I have H1N1 flu?

Stay home if you are sick. Limit close contact with others to prevent infecting them. Fever reducing medications such as Tylenol® (acetaminophen) and Advil® (ibuprofen) may be useful. Do not give aspirin or aspirin containing medications to children under the age of 18. Drink plenty of fluids. Stay home until there is no fever for 24 hours without the use of fever-reducing medications. Most people will recover without needing medical care. Seek medical attention if you experience any severe symptoms. (See list)

## Is there a vaccine for H1N1 flu?

An H1N1 vaccine is being developed for the fall. The vaccine is especially important for children age 6 months to 24 years old, pregnant women, and adults age 25 to 64 years old with a chronic illness. These groups are considered to be at high risk for H1N1 infection. The H1N1 vaccine is different from the annual seasonal flu shot. Because there are two different types of flu, two separate vaccines are needed. Like previous years the seasonal flu vaccine will only be one shot. The H1N1 vaccine will most likely be a series of two shots. The two H1N1 shots need to be at least 21-28 days apart. It is okay to get the seasonal flu shot on the same day as one of the H1N1 shots. Because the flu can lead to pneumonia it is important to be up to date on all pneumonia vaccines. The pneumonia vaccine is usually recommended initially when adults turn 65 with a booster thereafter. Some children and adults with certain diseases may also need a pneumonia vaccine. Seasonal flu vaccines are now available. It is recommended to get it as soon as possible. It will offer protection against seasonal flu for the entire year.



## Do I need medication?

People at risk of complications may be prescribed antiviral medications such as Tamiflu® (oseltamivir) or Relenza® (zanamivir). Antivirals are prescription medications used to treat the flu and not prevent it. This is different from a vaccine which helps the body build protection and can prevent infection. Antivirals fight against the flu by keeping flu viruses from reproducing in the body. Antivirals may make the flu milder and help people feel better faster. They work best when taken at the onset of flu symptoms. Antibiotics are not effective against viruses. Most people will only need fever-reducing medication such as Tylenol and Advil.

## What is a pandemic?

The World Health Organization (WHO) declared H1N1 flu a pandemic on June 11, 2009. This is the first global pandemic in more than 40 years. A flu pandemic occurs when a new flu virus emerges that can infect and be spread among individuals because they do not have immunity.

The severity of a flu pandemic depends on the specific virus. So far, the H1N1 virus has not been especially severe.

## Know What To Do About The Flu:

- **Cover your cough**
- **Wash hands frequently**
- **If you have a fever, stay home for at least 24 hours after the fever has ended (without the use of fever-reducing medicine such as Tylenol® or ibuprofen)**
- **Get a seasonal flu vaccine now and an H1N1 vaccine when it becomes available**

## Severe Symptoms:

**Seek medical attention immediately if you experience any of these symptoms.**

### For adults:

- Difficulty breathing
- Purple or blue discoloration of the lips
- Vomiting and unable to keep liquids down
- Signs of dehydration such as dizziness when standing and not urinating in 4 hours
- Seizures
- Loss of consciousness
- Alteration in thinking or behavior

### For Children:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids; or in infants, a lack of tears when they cry
- 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
- Fever with a rash

## You cannot get H1N1 flu from:

- Drinking water
- Eating pork
- Swimming pools, spas, and water parks

Information adapted from the following resources:

[www.cdc.gov/h1n1flu.htm](http://www.cdc.gov/h1n1flu.htm)

[www.texasflu.org](http://www.texasflu.org)

[www.who.int/csr/disease/swineflu/en/](http://www.who.int/csr/disease/swineflu/en/)

[www.flutracker.rhizalabs.com](http://www.flutracker.rhizalabs.com)

[www.sis.nlm.gov/enviro/swineflu.html](http://www.sis.nlm.gov/enviro/swineflu.html)

[www.pandemicflu.gov](http://www.pandemicflu.gov)

Pictures taken from:

[www.generalmedicine.suite.101.com](http://www.generalmedicine.suite.101.com)

[www.blog.timesunion.com](http://www.blog.timesunion.com)

[www.topnew.in](http://www.topnew.in)

[www.co.la-crosse.wi.us/health/environmental/docs/handwsh.htm](http://www.co.la-crosse.wi.us/health/environmental/docs/handwsh.htm)