

Influenza A H1N1 (Swine Flu) Fact Sheet

What is Influenza A H1N1 (swine flu)?

Influenza A H1N1 (swine flu) is a respiratory disease of pigs caused by type A influenza viruses. People do not normally get Influenza A H1N1 (swine flu), but human infections can and do happen.

Is this Influenza A H1N1 (swine flu) virus contagious?

CDC has determined that this Influenza A H1N1 (swine flu) is contagious and is spreading from human to human. However, at this time, it is not known how easily the virus spreads between people.

What are the signs and symptoms of illness?

The symptoms of Influenza A H1N1 (swine flu) in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu.

How does Influenza A H1N1 (swine flu) spread?

Flu viruses are spread mainly from person to person through coughing or sneezing of people with the flu. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

How can someone with the flu infect others?

Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick.

Are there medicines to treat Influenza A H1N1 (swine flu)?

Yes. If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious complications. For treatment, antiviral drugs work best if started soon after getting sick (within 2 days of symptoms). Antiviral drugs must be prescribed by a doctor. Vaccines for seasonal influenza are not believed to provide protection from swine flu.

What can I do to protect myself?

There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like the flu:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. A 60% alcohol based hand sanitizer is also effective in the absence of soap and water.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you get sick with influenza, stay home from work or school and limit contact with others to keep from infecting them.
- Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

What should I do if I get sick?

If you become ill with flu-like symptoms, contact your primary health care provider. Your health care provider will determine whether flu testing or treatment is needed.

Can I get Influenza A H1N1 (swine flu) from eating or preparing pork?

No. Influenza A H1N1 (swine flu) viruses are not spread by food. You cannot get swine flu from eating pork or pork products. Eating properly handled and cooked pork products is safe.

For more information on

Influenza A H1N1 (swine flu):

www.miOttawa.org/Health

www.cdc.gov/swineflu

CDC Public Information

Toll Free 24/7: 800-CDC-INFO (800-232-4636)

TTY: 888-232-6348



**Ottawa County
Health Department**
www.miOttawa.org/Health



Public Health
Prevent. Promote. Protect.

Preventing the Flu:

Good Health Habits Can Help Stop Germs

Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

Clean your hands.

Washing your hands often will help protect you from germs.

Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.



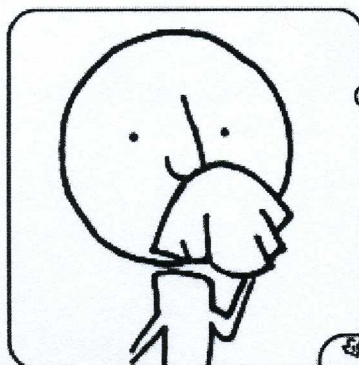
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Public Health
Prevent. Promote. Protect.

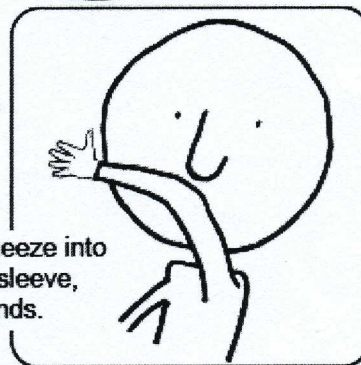
Stop the spread of germs that make you and others sick!

Cover your Cough



Cover your mouth
and nose with a
tissue when you
cough or sneeze
or

cough or sneeze into
your upper sleeve,
not your hands.

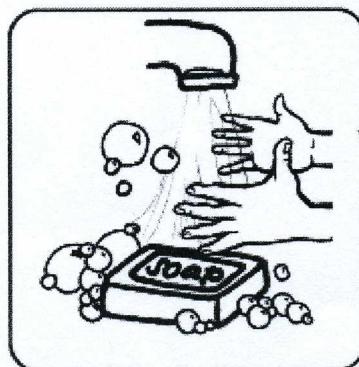


Put your used tissue in
the waste basket.



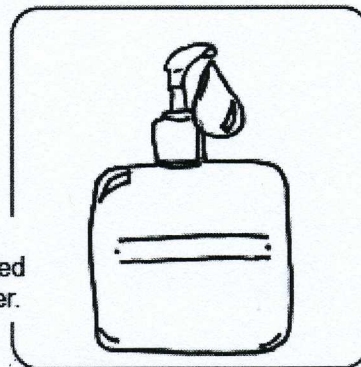
Clean your Hands

after coughing or sneezing.



Wash hands
with soap and
warm water

or
clean with
alcohol-based
hand cleaner.



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