

Flu is a serious contagious disease

Each year in the United States, on average, more than 200,000 people are hospitalized and 36,000 people die from seasonal flu complications.

This flu season could be worse

There is a new and very different flu virus spreading worldwide among people call novel or new H1N1 flu (Swine Flu). This virus may cause more illness or more sever illness than usual.

What is Swine Flu?

Novel H1N1 (referred to as “swine flu” early on) is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April, 2009. This virus is spreading from person-to-person worldwide, probably in much the same way that regular seasonal influenza viruses spread. On June 11, 2009, the World Health Organization signaled that a pandemic of novel H1N1 flu was underway.

Is novel H1N1 virus contagious?

CDC has determined that novel H1N1 virus is contagious and is spreading from human to human.

How does novel H1N1 virus spread?

Spread of novel H1N1 virus is thought to occur in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something—such as a surface or ob-

ject with flu viruses on it and then touching their mouth or nose.

Other important actions that you can take are:

- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
- Be prepared in case you get sick and need to go home for a week or so; a supply of over-the-counter medicines, alcohol-based hand rubs, tissues and other related items could be useful and help avoid the need to make trips out in public while you are sick and contagious.

Flu-like symptoms include:

- Fever (usually high)
- Headache
- Extreme tiredness
- Dry cough
- Runny or stuffy nose
- Muscle aches
- Sore throat
- Vomiting
- Sometimes diarrhea

CDC Says

“Take 3” Steps

To Fight The Flu

**These actions
will protect against
the new H1N1 (Swine
Flu), too!**



Wellness Center
X5288

CDC urges you to take 3 action steps to protect against the flu.

#1: Take everyday preventive actions

- 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. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible. This is to keep from making others sick.
- While sick, limit contact with others to keep from infecting them.



#2: Take time to get vaccinated.

- CDC recommends a yearly seasonal flu vaccine as the first and most important step in protecting against seasonal flu.
- The seasonal flu vaccine protects against the three seasonal viruses that research suggests will be most common.
- Vaccination is especially important for people at high risk of serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.
- A seasonal vaccine will not protect you against novel H1N1 (Swine Flu).
- A new vaccine against novel H1N1 (Swine Flu) is being produced and will be available in the coming months as an option for prevention of novel H1N1 infection.



#3: Take flu antiviral drugs if recommended.

- If you get seasonal or novel H1N1 (Swine Flu), antiviral drugs can treat the flu.
- Antiviral drugs are prescription medicines (pills, liquid or an inhaled powder) that fight against the flu by keeping flu viruses from reproducing in your body.
- Antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications.
- Antiviral drugs are not sold over-the-counter and are different from antibiotics.
- Antiviral drugs may be especially important for people who are very sick (hospitalized) or people who are sick with the flu and who are at increased risk of serious flu complications, such as pregnant women, young children and those with chronic health conditions.
- For treatment, antiviral drugs work best if started within the first 2 days of symptoms.

