

Weekly Wellness Tip

H1N1 (Swine) Flu: Questions and Answers

Q. What is H1N1 (swine) flu?

A. H1N1 (swine) flu 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.

Q. What are the signs and symptoms of H1N1 (swine) flu?

A. The symptoms of H1N1 (swine) flu include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. A significant number of people who have been infected with the virus also have reported diarrhea and vomiting.

Q. How does H1N1 (swine) flu spread?

Spread of the H1N1 (swine) flu 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 object, with flu viruses on it and then touching their mouth or nose.

Q. What can I do to protect myself from getting sick?

There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these steps to protect your health:

- 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.
- Avoid close contact with sick people.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw away the tissue in the trash after you use it.

Q. What are emergency warning signs of H1N1 (swine) flu?

If you become ill and experience any of the following warning signs, seek emergency medical care.

Children – Emergency Warning Signs	Adults – Emergency Warning Signs
Fast breathing or trouble breathing	Difficulty breathing or shortness of breath
Bluish or gray skin color	Pain or pressure in the chest or abdomen
Not drinking enough fluids	Sudden dizziness
Severe or persistent vomiting	Confusion
Not waking up or not interacting	Severe or persistent vomiting
Being so irritable that the child does not want to be held	Flu-like symptoms improve but then return with fever and worse cough
Flu-like symptoms improve but then return with fever and worse cough	

Source: CDC

H1N1 (Swine) Flu Portal

Go to teamhealth.com/wellness/fluinformation for more information about H1N1 (swine) flu and resources that are available to you.