

MIDTOWN WEST MEDICAL

AT KING PLOW ARTS CENTER

INFLUENZA FACT SHEET Fall 2009



Flu Prevention (All Flu Types)

Aside from vaccination, the practice of good health habits is the best way to prevent both seasonal flu and H1N1 ("swine flu"). If you experience flu-like symptoms, contact your healthcare provider promptly.

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

Stay home from work, school, and errands when you are sick, to help prevent others from catching your illness.

COVER YOUR MOUTH AND NOSE

Cover your mouth and nose with a tissue or with the crook of your elbow -- not your hands -- when coughing or sneezing. It may prevent those around you from getting sick.

CLEAN YOUR HANDS, MOUTH & NOSE

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand sanitizer, such as Purel.™

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.

H1N1 (Swine Flu) Q & A

WHAT IS H1N1?

H1N1 is a respiratory disease caused by type A influenza viruses; it has also been called Swine Flu. Symptoms of H1N1 are similar to those of a regular flu: fever and chills, sore throat, cough, headache, body aches, and fatigue. Diarrhea and vomiting can also be present.

HOW IS IT SPREAD?

Just as the common flu is passed along, H1N1 is spread by coughing, sneezing, or touching something that has the live virus on it. If infected, a person may be able to infect others before symptoms develop, and continue to spread the virus after becoming sick. **The flu prevention tips listed on the left can be used to protect yourself against H1N1.**

SHOULD I GET VACCINATED FOR H1N1?

Because it is expected that *initial* quantities of H1N1 vaccine may be limited, the CDC recommends that high-risk groups (pregnant women, caregivers of children under 6 months, healthcare personnel, children ages 6 to 24 months, and people ages of 25-64 with chronic illnesses or compromised immune systems) receive priority for the vaccine when it becomes available this fall. However, **it is NOT expected that there will be a shortage of H1N1 vaccine** and after the prioritized groups are vaccinated, the general population should get vaccinated as well.

WHAT DO I DO IF I THINK I HAVE H1N1?

If you think you have any type of flu, contact your healthcare provider. Seek emergency medical care if you experience difficulty breathing, dizziness, confusion, fever > 100.6° F, severe or persistent vomiting, and/or pain/pressure in the chest or stomach.