

Facts About H1N1 Influenza A



As you may already be aware, recently human cases of H1N1 Influenza A infections (Swine Flu) were identified internationally and in the United States. This handout is intended to help explain the flu, its symptoms, and steps needed to take if you come in contact with the disease.

What is H1N1 Influenza A (Swine Flu)?

H1N1 Influenza A is a respiratory disease caused by type A influenza virus.

• Influenza viruses change constantly. New viruses may be a mix of swine, human and/or avian (bird) influenza viruses.

H1N1 Influenza A (Swine Flu)

Symptoms:

- High fever
- Cough
- Sore throat
- Body aches
- Headache/Chills
- Fatigue
- Some people have reported diarrhea and vomiting.
- Any flu may cause a worsening of underlying chronic medical conditions.

How Does H1N1 Influenza A (Swine Flu) Spread?

- From person to person when someone with the virus coughs or sneezes. Swine and avian flu viruses are not spread by eating pork, chicken, or other food products.
- People may also become infected by touching something with flu viruses on it and then touching their eyes, mouth or nose.

Steps You Can Take To Stay Healthy:

- **WASH YOUR HANDS!**
- Alcohol-based hand cleaners are effective.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- 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.

Avoid Contact with Sick People

- If you get sick, stay home and contact your doctor. Limit contact with others.

How Long Can An Infected Person Spread Flu Virus?

- People with flu virus should be considered potentially contagious as long as they have symptoms and for up to 7 days following the start of illness.

Are Medicines Available to Treat H1N1 Influenza A?

- Yes. Your family doctor is working under the guidance of the Michigan Department of Community Health to treat N1H1 Influenza A.
- Early treatment is important. If you are sick, or show symptoms, contact your family doctor.

Wash Your Hands!

For More Information, Contact District Health Department #10

In Newaygo County, call (231) 689-7300

Or Visit www.cdc.gov/swineflu or www.michigan.gov/swineflu

This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for talking with a health care provider. If you have any questions about swine influenza A virus, please talk with your health care provider.