**H1N1 Flu and You**

**Q.** What is novel H1N1 Flu (formerly known as Swine Flu) and how is it transmitted?

A. **Novel H1N1 Flu** is a new strain of the flu virus. It is a respiratory virus thought to spread in the same way that seasonal flu is spread, which is through people infected with the virus who are coughing or sneezing. It can be spread by touching something with flu viruses on it, such as a tissue or a door knob, and then touching your mouth, eyes or nose.

**Q.** What is the difference between seasonal flu and this new strain of H1N1?

A. Seasonal flu viruses have been circulating in human populations for several seasons, allowing people to build up immunity to them. Most people (especially those over 20) do not have immunity to the new strain of H1N1 flu. A vaccine is available to prevent seasonal flu. A vaccine for novel H1N1 Flu is being developed and is expected to be available early in mid-October.

**Q.** What are the symptoms of H1N1 flu?

A. Most, but not all, people with confirmed novel H1N1 Flu have had a sudden onset of fever (usually 101°F or higher) and cough. Most have had a sore throat. Other symptoms may include runny nose, body aches, headache, chills, fatigue, and vomiting. People may have only one or two symptoms, or they may have many. Almost everyone with H1N1 flu has been taken care of at home and recovered in a few days. However, with a lot of rash complaints and mild fever are probably not H1N1 flu.

**Q.** What is the incubation period?

A. People can infect others with the H1N1 flu before they show symptoms. They remain contagious for five to seven days after they become sick.

**Q.** How can I avoid getting infected?

A. You can protect yourself from the H1N1 flu by washing your hands frequently with soap and warm water. You also can use an alcohol-based hand sanitizer. Always wash your hands before you eat or touch your eyes, nose or mouth. Stay away from people who are sick (especially if they have fever, cough and a sore throat). Get plenty of sleep, exercise regularly, manage stress, drink plenty of fluids, and eat nutritious foods.

**Q.** What if I do or do not have symptoms?

A. In most cases, people with H1N1 will get better without medical attention. Do the same 24-7 health intervention basics to receive over-the-counter medical guidance from medical professionals before having full-blown flu symptoms and advice on when to seek medical care. Get plenty of rest, drink fluids, take fever-reducing medications. Frequent WASH: DO NOT go out or contain contacting patients with children under ages 10 or younger. If you think you may have or know or have had contact with someone or a patient infected with the virus, then wash your hands with soap and warm water for at least 15 seconds. Avoid touching your eyes, nose, and mouth. If you are exposed to someone with the flu and your fever has been gone for 24 hours without taking fever-reducing medications. If you have flu and visit people in isolation often because contact regarding people at high risk of complications from flu, stay home for 7 days after symptoms begin or until your symptoms are gone, whichever is longer. If you live with others, those cases have been mild, and most hospitalizations and deaths have been in people who had underlying conditions such as obesity, diabetes, asthma, chronic lung disease, or a weakened immune system. Treatment with antiviral antiviral drugs is generally not needed for people who are at higher risk due to underlying conditions, or if they have been vaccinated.

**Q.** Should I be tested for H1N1 flu?

A. Most people do not need to be tested. It will not make a difference in how your illness is treated. Your physician will make the decision.

**Q.** If I had a flu vaccine this season, am I protected against H1N1?

A. The seasonal flu vaccine does not provide protection against H1N1 flu, but is important in preventing you. Pandemrix flu vaccines that can make you as sick as ever. This makes it easy to predict, such as covering coughs and sneezes and washing hands. However, because these are important in the development of a vaccine to prevent seasonal flu, the seasonal flu vaccine is recommended for pregnant woman, people who live with or care for babies under the age of 1 year, people who have certain high-risk conditions or chronic medical conditions, and people who live in nursing homes and other long-term care facilities.

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**CDC’s Priority Vaccine Recommendations:**

- **Flu**
  - People who live with or care for babies under the age of 1 year
  - People who live in nursing homes and other long-term care facilities
  - People who have certain high-risk conditions or chronic medical conditions

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**Twitter Update:**

- COVID-19 cases continue to rise. The public is urged to continue to practice social distancing and wear masks in public settings. For more information, please visit the CDC’s website: [www.cdc.gov](http://www.cdc.gov)