



A Tradition of Stewardship
A Commitment to Service

H1N1 Influenza (Swine Flu) Fact Sheet

What is H1N1 influenza (the swine flu) and pandemic flu?

H1N1 influenza (swine flu) is a NEW influenza virus that makes people sick. The virus affects respiratory system (lungs, breathing passages). This new virus was first found in people in the US in April 2009.

On June 11, 2009 the World Health Organization announced there is a pandemic of the new H1N1 flu. This means that the new virus is causing sickness all around the world.

What is Napa County doing to stop H1N1 (the swine flu)?

Officials with Napa County government, public health, schools, and health care providers have been working together to prevent, identify, investigate, and treat new swine flu infections. They will continue to update residents with the latest information about the H1N1 situation in Napa County. They will also give information on what the community should do to prevent the spread of swine flu.

How is this different from the seasonal flu? Why is this important?

The swine flu is a new type of flu virus. Because it is new, people do not have immunity or protection against it. This means the virus can make people sick easily. In the US most people with the H1N1 virus have gotten better without medical care.

The swine flu is like the seasonal flu in the way that is spread from person to person and in the sickness that it causes.

How do people get H1N1 (the swine flu)?

H1N1 is spread in the same way that the regular flu spreads: from close contact with someone who is sick with the H1N1 flu virus. It is usually spread through coughing and sneezing but can sometimes be spread by touching something with the virus on it and then touching your nose or mouth.

You CANNOT get swine flu from eating pork products.

What can I do to stop the spread of H1N1 (swine flu)?

The best way to stop the H1N1 flu will be to get the H1N1 vaccine when it becomes available. See below for more information on the H1N1 vaccine.

Besides the vaccine, you can take steps to prevent spreading H1N1 or other respiratory viruses to others. You can help prevent illness by practicing these healthy habits:

- Wash your hands frequently with soap and warm water for at least 30 seconds
- Cover your coughs and sneezes in your sleeve or with a tissue
- Avoid touching your eyes, nose and mouth
- Keep away from people who are coughing and sneezing
- Stay home if you are sick for at least 24 hours after your fever is gone except to get medical care. Wait until your fever goes away without using a fever-reducing medicine, like ibuprofen or Tylenol.



Is there a vaccine available for H1N1 flu? When will it be ready?

In addition to the usual seasonal flu vaccine, there will be a new vaccine specifically for the H1N1 virus. We expect the H1N1 vaccine to be ready in the fall. Exact dates cannot be given right now because the vaccine supply depends on how long it takes to make and test the vaccine.

What are the symptoms (signs) of H1N1 flu?

The symptoms of H1N1 flu in are similar to the symptoms of regular human seasonal flu and include:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Fatigue (extreme tiredness)
- Chills

Many people with H1N1 flu also have experienced **diarrhea & vomiting**.

What do I do if I think I have the swine flu?

If you have the symptoms listed above you should stay home for at least 24 hours after your fever is gone except to get medical care or for other essential needs. Wait until your fever goes away without using a fever-reducing medicine, like ibuprofen or Tylenol.

Stay away from other people as much as possible to keep from making them sick. Staying at home means you should not leave except to seek medical care.

THE FOLLOWING ARE WARNING SIGNS FOR WHEN YOU SHOULD GET EMERGENCY MEDICAL CARE:

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Extreme vomiting or vomiting for a long time
- Not waking up or not interacting
- Being so upset that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen (stomach)
- Sudden dizziness
- Confusion
- Extreme vomiting or vomiting for a long time
- Flu-like symptoms improve but then return with fever and worse cough

For the latest information check the **Napa County Public Health** website at:

<http://www.co.napa.ca.us/publichealth>, the **CDC website at <http://www.cdc.gov/H1N1flu> or call the automated **Napa County Public Health** hotline at **(707) 253-4540**.**

