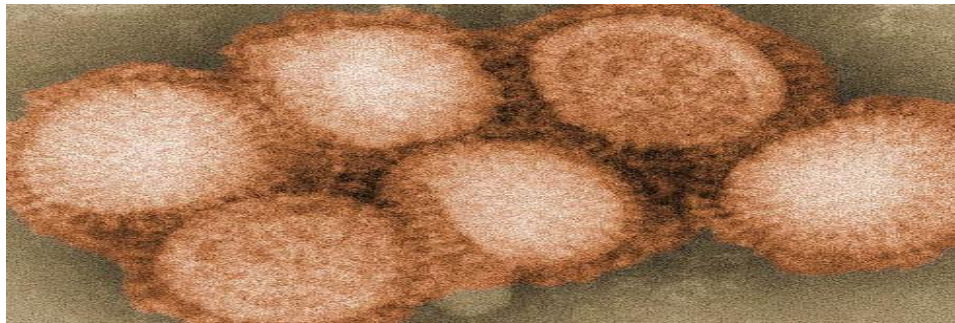

H1N1 Virus (Swine Flu)



What is the H1N1 Flu ?

- A very contagious illness caused by a new strain of the flu virus.
- As of June 2009, cases of H1N1 have been reported around the world.



Symptoms of H1N1 Flu

- Fever
- Sore Throat
- Chills
- Loose Stools
- Runny or stuffy nose
- Cough
- Body aches
- Fatigue
- Vomiting
- Headache



**CONTACT YOUR DOCTOR IF YOU
HAVE THESE SYMPTOMS!!**

How do you “Catch” H1N1?

- Person to person by coughing or sneezing.
- Touching something infected then touching your mouth or nose.



How to Prevent H1N1

- Wash your hands often with soap and warm water, especially after you cough or sneeze.
- Be sure to rub hands together (front and back) for 15-20 seconds then rinse and dry.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Throw tissue in the trash after you use it.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Use hand sanitizer when soap and water is not available.



How to Prevent H1N1 (con't)



- Avoid touching your eyes, nose or mouth with your hands.
- Avoid close contact with sick people.
- If you have symptoms stay home.
- Get the H1N1 vaccine when it becomes available.

Frequent Handwashing!

Priority for the H1N1 Vaccination

- Pregnant Women
- People who live with or care for children younger than 6 months
- Healthcare and emergency medical services personnel
- People between 6 months and 24 years old
- Adults ages 25 through 64 with chronic health disorders or compromised immune systems



H1N1 Treatment

- See your doctor early if you have feelings of the flu.
- Your doctor may give you medications that keep the flu viruses from reproducing in your body. These medications can make your illness milder and prevent serious complications.
- Medications such as **Tamiflu** work best if started soon after getting sick, usually within two days of developing symptoms.



Seek Emergency Medical Care

When to seek emergency care:

- Breathing problems such as shortness of breathe
- Pain or pressure in the chest or stomach
- Sudden dizziness
- Confusion
- Vomiting (throwing up)
- Feelings of the flu



References

- <http://www.flu.nc.gov>
 - <http://www.cdc.gov/h1n1flu/qa.htm>
 - <http://www.images.google.com>
 - <http://www.webmd.com/cold-and-flu/slideshow-swine-flu>
-

Authors

- Latoya Buchanan, SN, WSSU
- Lorraine Harris, SN, WSSU
- Frances Williams, SN, WSSU

September 2009
