

# “Show Me” Health

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## “H1N1 In A Nutshell”

### What is the H1N1 flu?

Often called swine flu, H1N1 is a new flu virus that can cause people to get sick. It is also called novel influenza A.

The H1N1 flu is a pandemic. That means the flu is happening in many different places in the world at the same time.

### What are H1N1 symptoms?

They are similar to the seasonal flu. They include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also have stomach upset and diarrhea.

### What can you do to avoid the flu?

Wash your hands often! Always wash after you cough or sneeze.

If you cannot wash with soap and water, use an alcohol-based hand cleaners.

Avoid touching your eyes, nose and mouth.

When possible, avoid being around people who are sick.

Ask your doctor or health care provider about flu vaccines and if a vaccine is right for you.

Practice good health habits. Get enough sleep, eat healthy foods and be physically active.

### What can you do if you get sick?

If you have H1N1 symptoms, call your health care provider or clinic. Ask if you should come in for a visit.

Most people can get over H1N1 and other types of flu at home.

Get plenty of rest, drink fluids and take over-the-counter medicine for pain and fever. (Never give aspirin to children or teens.)

### Get medical care if you have any serious warning signs.

#### Warning signs in adults include:

- Shortness of breath or trouble breathing.
- Vomiting a lot.
- Pain or pressure in the chest or abdomen.
- Sudden dizziness.
- Confusion.
- Flu-like symptoms that get better but then return with fever and worse cough.

#### In children, other serious warning signs include:

- Fast breathing.
- Skin turning bluish or gray.
- Not drinking enough.
- Being very hard to wake up or not interacting.
- Not wanting to be held.

### **How can you help stop the spread of the H1N1 flu?**

If you are sick, stay home from work, school and other public places so you don't pass the flu on to other people.

Cover your cough and sneeze with a tissue. Throw the tissue in the trash, and wash your hands.

If you do not have a tissue, cough or sneeze into your elbow.

Have a plan for your family.

Have supplies in the house in case you get sick. Have food and drinks, over-the-counter medicines like acetaminophen or ibuprofen for fever reduction, cough drops, a thermometer, electrolyte drinks like Gatorade or Pedialyte for rehydration, tissues, plenty of hand soap for washing and other items that might be helpful.

Do your part to keep your family's illness at home. Stay home from group activities like school, church, daycare, social events, athletic events and try to send well family members out to run errands, etc.

More information about H1N1, visit [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu)