

H1N1 (SWINE FLU) FACT SHEET

Information provided by:  HAMILTON COUNTY
PUBLIC HEALTH

PREVENT. PROMOTE. PROTECT.

WHAT ARE THE SYMPTOMS OF H1N1 FLU?

Symptoms of H1N1 flu are similar to symptoms of seasonal flu and include:

- Fever (100 degree Fahrenheit/37.8 degrees Celsius or higher)
- Sometimes nausea, vomiting, or diarrhea
- Headache and body aches
- Runny nose
- Cough
- Sore throat

WHAT CAN A PERSON DO TO PREVENT THIS ILLNESS?

- Wash your hands often with soap and water, especially after you cough or sneeze. If soap and water are not available, use an alcohol-based hand cleaner.
- Cover your nose and mouth with a tissue when you cough or sneeze. If a tissue is not available, use the inside of your elbow to cover your cough or sneeze, not your hands.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Avoid close contact with sick people or people who are coughing or sneezing.
- Those with flu-like symptoms should stay home until fever-free for at least 24 hours, without the use of fever-reducing medicine, to keep from infecting others.
- Anyone experiencing influenza-like illness that has a weakened immune system or has a history of diabetes, heart disease, or breathing problems is at higher risk and should contact their physician.
- If a child is sick, monitor him/her closely and take their temperature twice daily.

HOW CAN I PLAN AHEAD?

- Parents should make plans for emergency child care in case their child is ill and unable to attend school and they are unable to stay home with them.
- Stock up: a supply of over-the-counter medicines, hand sanitizer, tissues, and other related items could be useful and help avoid the need to make trips out in public while a parent or child is sick and contagious.

WHEN SHOULD I SEEK EMERGENCY MEDICAL ATTENTION?

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

- Fast breathing or trouble breathing
- Not drinking enough fluids
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Bluish skin color
- Not waking up or not interacting
- Fever with a rash

Parents should call their pediatrician or family physician before seeking emergency medical attention!

WHEN WILL THE H1N1 FLU VACCINE BE AVAILABLE?

The H1N1 vaccine is expected to be available in the late fall.

WHO SHOULD GET THE VACCINE?

The Centers for Disease Control and Prevention identified several priority groups that are recommended to receive the H1N1 vaccination:

- Pregnant women
- People who live with or care for children younger than 6 months of age
- Health care and emergency services personnel
- Persons between the ages of 6 months through 24 years of age
- People ages 25 through 64 years of age who have chronic health disorders or weakened immune systems

WHERE CAN I GET ADDITIONAL INFORMATION?

For up-to-date information, visit www.cdc.gov/h1n1flu/.