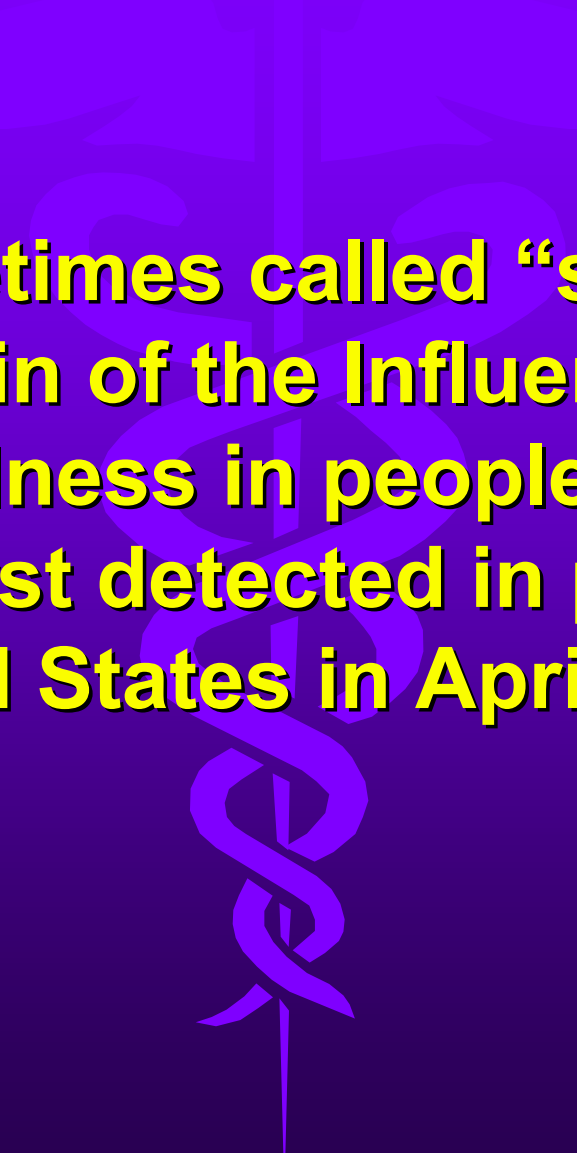




# H1N1 Influenza (*Swine Flu*)



**What is H1N1?**



**H1N1 (sometimes called “swine flu”) is a new strain of the Influenza A virus causing illness in people. This new virus was first detected in people in the United States in April 2009.**

# How is H1N1 spread?

The H1N1 virus is spread from person-to-person in the same way that regular seasonal influenza viruses are spread

# How is H1N1 spread?

- From person to person through coughing and sneezing by infected individuals.
- By contact with infected surfaces or objects then touching the mouth, eyes or nose.

# H1N1 Illness Severity

Illness with H1N1 virus has ranged from mild to severe. Most people who have been sick have recovered without the need for medical treatment. However, hospitalizations and deaths from infection with this virus have occurred.

# At Risk Groups (Infection)

- Persons between the ages of 6 months and 24 years of age
- People ages of 25 through 64 years of age suffering from chronic health disorders or compromised immune systems
- People who live with or care for children younger than 6 months of age
- Healthcare and emergency medical service personnel
- Pregnant women

# At Risk Groups (Illness)

- Children younger than 5 years old
- Persons aged 65 years or older
- Children (under 18) receiving long-term aspirin therapy
- Pregnant women
- Adults and children who have asthma, chronic pulmonary, cardiovascular, hepatic, hematological, neurologic, neuromuscular, or metabolic disorders such as diabetes
- Adults and children who have weakened immune systems
- Residents of nursing homes and other chronic-care facilities.

# H1N1 Signs and Symptoms

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Fatigue
- Vomiting and diarrhea reported.  
(25%)

# Emergency Signs and Symptoms

## In Children

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

# Emergency Signs and Symptoms

## In Adults

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

# H1N1 Prevention

A large, faint, light blue watermark of a caduceus symbol is centered in the background. The caduceus consists of a vertical staff with two snakes entwined around it and wings at the top.

# H1N1 Vaccine

## H1N1 Vaccine is Now Available

- **The "flu shot"** — an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.
- **The nasal-spray flu vaccine** — a vaccine made with live, weakened flu viruses (sometimes called LAIV for "live attenuated influenza vaccine" or FluMist®). LAIV (FluMist®) is approved for use in healthy\* people 2-49 years of age who are not pregnant.

# H1N1 Vaccine

## H1N1 Vaccine is Recommended Initially for At Risk Groups

- Persons between the ages of 6 months and 24 years of age
- People ages of 25 through 64 years of age who are at higher risk for H1N1 due to chronic health disorders or compromised immune systems
- People who live with or care for children younger than 6 months of age
- Healthcare and emergency medical service personnel
- Pregnant women

# H1N1 Vaccine

Vaccine is recommended for everyone following completion of vaccination of all At Risk Groups

# H1N1 Prevention

- Wash your hands often with soap and warm water. Wash for 15 – 20 seconds.
- Alcohol-based sanitizers are also effective.
- Avoid touching your eyes, nose or mouth.
- Avoid contact with sick people.
- Avoid large and/or crowded gatherings and events.
- Stay properly hydrated.
- Get proper rest.

# H1N1 Prevention

## Facemask and Respirator Use

No scientific data currently exists to support the recommended use of facemasks as a means of infection prevention for individuals not infected with the H1N1 virus.

# H1N1 Treatment



# H1N1 Treatment

## Anti-Viral Medications

- **Tamiflu® and Relenza®** are the two anti-viral medications currently available for treatment of the H1N1 Virus.
- **Tamiflu®** is approved by the FDA for use in patients 1 year of age or older. In addition, in July 2009, the FDA issued an Emergency Use Authorization for the use of Tamiflu ® in patients younger than 1 year of age.
- **Relenza®** is approved for treatment in patients 7 years and older, but is licensed only for use in people without underlying respiratory or heart disease, including people with asthma.

# H1N1 Treatment

- Treatment with antiviral drugs is generally not needed for people who are not at risk for complications or do not have severe illness, such as those requiring hospitalization.
- However, any patient with emergency warning signs (for example, difficulty breathing or shortness of breath) signs of lower respiratory tract illness or worsening illness should seek medical care promptly and receive antiviral therapy when indicated.

# H1N1 Treatment

- If your flu case is mild, the best thing to do is stay home and treat the symptoms (take a fever/pain reducer, like acetaminophen or ibuprofen, and get plenty of rest and fluids) and avoid infecting others.
- A trip to the ER will likely just expose you to people who are sicker than you, increase wait times for people who really need the medical attention, and give you the opportunity to infect others.

# H1N1 Treatment

Experts urge H1N1 sufferers, both children and adults, to stay home for at least 24 hours after fever is gone without the use of fever-reducing meds.



# H1N1 vs Seasonal Flu