



H1N1 TALKING POINTS

- H1N1 (Swine) Flu is a new influenza virus causing illness in people and was first detected in people in the U.S. in April 2009. The virus is contagious and is spread from person-to-person worldwide.
- Most people who have become ill with the H1N1 virus have recovered without requiring medical attention. About 70% of people hospitalized with H1N1 have had one or more medical conditions such as pregnancy, diabetes, heart disease, asthma and kidney disease.
- H1N1 is spread the same way seasonal flu spreads such as coughing or sneezing by people with influenza or by touching something, such as a surface or object, with flu viruses on it and then touching their mouth or nose.
- Symptoms of H1N1 are fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also experience vomiting and diarrhea.
- Unlike seasonal influenza is that adults older than 64 years do not yet appear to be at increased risk of H1N1 complications thus far.
- People infected with seasonal and H1N1 flu shed virus and may be able to infect others from one day before getting sick to 5 to 7 days after. This can be longer in some people, especially children and people with weakened immune systems.
- Protect yourself from getting H1N1 or Seasonal Flu by covering your nose and mouth with a tissue when you cough or sneeze and throw the tissue away after you use it. Wash your hands often with soap and water or an alcohol-based hand rub. Avoid touching your eyes, nose or mouth since germs spread this way. Try to avoid close contact with sick people and if you are sick stay home for at least 24 hours after your fever is gone.
- Now is the time to get the seasonal flu vaccine and when it becomes available for you, please get the H1N1 vaccine.