



# H1N1 VIRUS, SWINE FLU

## PREVENTION & TREATMENT



The symptoms of novel H1N1 flu virus in people are similar to the symptoms of seasonal flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with novel H1N1 flu virus also have reported diarrhea and vomiting.

It will likely be Thanksgiving before a significant number of Americans get the swine flu vaccine and are protected.

Roughly 50 million doses of vaccine are expected to be available by mid-October. But for those who get initial doses right away, that will only mark the beginning of a vaccination process that will take five or more weeks.

Health officials believe most people will need two shots, spaced three weeks apart, and it will take a week or two after the second dose before immunity kicks in. That's five or six weeks in all.

That means large numbers of Americans won't be fully immunized until Thanksgiving, said U.S. Health and Human Services Secretary Kathleen Sebelius.

Health officials don't really know if that's good or bad news. Since it was first reported in April, swine flu has turned out to be not much more dangerous than seasonal flu, overall. Government experts say it may soon become just another variety of the flu, and perhaps will conform to the seasonal flu vaccine.

But swine flu cases have persisted through this summer, especially in camps and other places where kids congregate. It's possible they will explode not long after kids return to schools and colleges this fall.

The White House released a report from the President's Council of Advisors on Science and Technology that assessed the nation's swine flu preparations. The panel predicted 20 to 40 percent of the U.S. population will suffer swine flu symptoms this fall, and about half will get sick enough to go to the doctor.

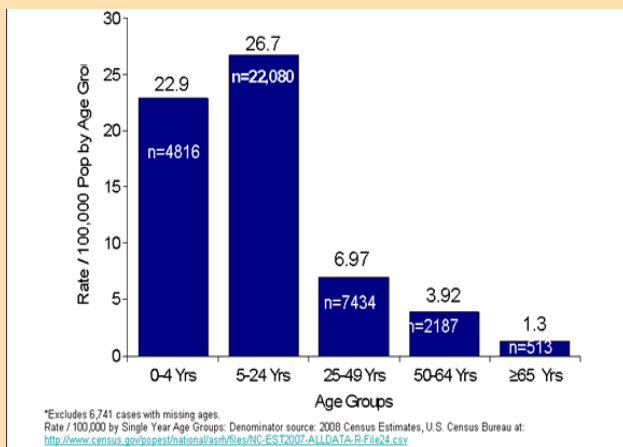
The panel also estimated the viruses will cause between 30,000 and 90,000 deaths, concentrated among children and young adults. Seasonal flu, in contrast, kills an estimated 36,000 people every year.

### TAKE THESE EVERYDAY STEPS TO PROTECT YOUR HEALTH:

- ◆ CDC recommends a yearly seasonal flu vaccine as the first and most important step in protecting against the flu.
- ◆ Stay informed
- ◆ Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- ◆ Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- ◆ Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- ◆ Avoid touching your eyes, nose or mouth. Germs spread this way.
- ◆ Try to avoid close contact with sick people.
- ◆ If you are sick with flu-like illness, [CDC recommends that you stay home for at least 24 hours after your fever is gone](#) except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick.



The groups recommended to receive the novel H1N1 influenza vaccine include:



- Pregnant women
- Household contacts and caregivers for children younger than 6 months
- Healthcare and emergency medical services personnel
- Children from 6 months through 18 years of age
- Young adults 19 through 24 years of age
- Persons aged 25 through 64 years who have health conditions associated with higher risk of medical complications from influenza.

Once the demand for the prioritized groups has been met at the local level, programs and providers should also begin vaccinating everyone from the ages of 25 through 64 years. Current studies indicate that the risk for infection among persons age 65 or older is less than the risk for younger age groups. However, once vaccine demand among younger age groups has been met, programs and providers should offer vaccination to people 65 or older.

Novel H1N1 Confirmed and Probable Case Rate in the United States, By Age Group

# Things you can do: H1N1 Flu Virus (swine flu)



Help protect you and your family

According to the Centers for Disease Control and Prevention, good health habits can help stop the spread of germs and prevent respiratory illnesses like the flu.

## What is H1N1 flu virus (swine flu)?

This H1N1 flu virus (swine flu) is a respiratory disease of pigs caused by type A influenza viruses that cause regular outbreaks in pigs. People do not normally get H1N1 flu virus (swine flu), but human infections can and do happen. The viruses have been reported to spread from person to person, but in the past this transmission was limited and not sustained beyond three people.

## Is an effective vaccine already available against the new H1N1 flu virus?

**No.** Since this H1N1 virus is new, there is no vaccine currently available made with this particular virus. Making a completely new influenza vaccine can take five to six months. While work is already underway to produce such a vaccine, it's important that people take the necessary steps to help stop the spread of germs in the near term.

## How does the H1N1 flu virus spread?

- Flu viruses spread mainly from person to person through coughing or sneezing of people with influenza.
- Viruses can also spread when a person touches a surface with flu viruses on it and then touches their eyes, nose or mouth.

## How can I protect myself from H1N1 flu virus (swine)?

- Encourage everyone to cover their mouth and nose when they cough or sneeze.
- Wash your hands often with soap and water, especially after you cough or sneeze.
- Try to avoid close contact with sick people.

## What should I do if someone I live with has confirmed H1N1 flu virus (swine flu)?

Follow the same precautions you would to avoid ordinary seasonal flu:

- Limit contact with the affected person.
- Avoid having visitors.
- Wash your hands with soap and water or with an alcohol-based hand rub.
- Consider using a face mask or an N95 respirator .
- Wash all dishes with warm water and soap.

## Can household cleaning and disinfecting help prevent further transmission?

**Yes.** To help prevent transmission of germs, follow these simple steps:

- Frequently touched surfaces should be disinfected with an U.S. EPA-registered bleach-based solution or disinfectant product.
- Surfaces to disinfect include bedside tables, surfaces in the bathroom, toys for children, doorknobs, light switches, telephones and refrigerator handles.
- Use disinfectant wipes for frequently touched electronic items such as computer mouse and keyboards, phones and remote controls, etc.

For more information about H1N1 flu virus (swine flu) and what you can do to protect you and your family, visit:

[www.cdc.gov/swineflu](http://www.cdc.gov/swineflu) or [www.pandemicflu.gov](http://www.pandemicflu.gov)