

# H1N1 Novel Flu

What is **H1N1**? Novel H1N1 influenza is a respiratory illness caused by a virus. Last April, this entirely new (novel) strain of flu arrived in the United States and quickly became widespread, making many people sick. It also spread quickly around the world. By early June, the World Health Organization declared the first global influenza pandemic in over 40 years.



## What are the symptoms?

## How to protect yourself...(and others)

The symptoms of the *H1N1 Novel Flu* are similar to seasonal flu:

- Fever (above 100° F)
- Cough
- Sore throat
- Stuffy nose
- (in some cases) diarrhea and vomiting



### Cover your Cough!

- Cover your mouth and nose with a tissue when you cough or sneeze
- Or, cough or sneeze into your upper sleeve--**NOT YOUR HANDS.**
- Put your used tissue in the waste basket.

### Clean your Hands!

- ...after coughing or sneezing
- Wash hands with warm water.
- Or, clean hands with alcohol-based hand cleaner.

### And...

- **Avoid touching** your eyes, nose, or mouth. Germs spread this way.
- **Avoid close contact** with sick people.
- **Avoid touching surfaces** that may be contaminated with the virus.
- **Stay in good general health**—Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

## What to do if you or your child are ill...

### If mildly ill...

*But you wouldn't usually go to the clinic with those symptoms:*

- Stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.
- Treat the symptoms as you usually would—for example, with fluids and Tylenol.
- **Do not give aspirin** (acetylsalicylic acid) to children or teenagers (under 18 years of age) who have the flu; this can cause a rare but serious illness called Reye's syndrome.

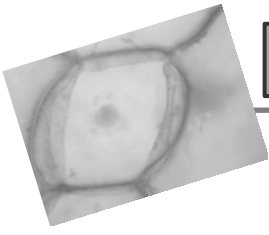
### If moderately - severely ill...

*Call your clinic or doctor if:*

- You have a fever of 100° F or higher, AND
- You have a cough, sore throat;
- You are sick enough that you would normally go to the clinic.
- You have a health condition that may put you at increased risk of becoming severely ill with influenza.

Then, stay home and avoid contact with other people as much as possible to avoid spreading your illness.

- People with any flu-like illness should stay home for **at least 24 hours after the fever** is gone.
- Children in daycare and healthcare workers advised to stay home 7 days or until symptom free.
- A fever is defined as having a temperature of 100° F. or greater—when no fever-reducing medicine has been taken.



# More H1N1 Information...

The **H1N1 Novel flu virus** continues to cause illness, hospitalizations, and deaths in the US. Now as school has begun increased cases of H1N1 are anticipated. We must be vigilant with basic prevention activities; hand washing, cover your cough and stay home when ill.

## Stay Informed:

**Countryside Public Health**  
[www.countrysidepublichealth.org](http://www.countrysidepublichealth.org)

**Minnesota Department of Health**  
[www.health.state.mn.us](http://www.health.state.mn.us)

**Centers for Disease Control (CDC)**  
[www.cdc.gov/h1n1](http://www.cdc.gov/h1n1)

**Chippewa County**  
320-269-2174 or 800-894-0192



## Get Your Flu Vaccinations



**Yes.** Countryside Public Health recommends you get a seasonal flu vaccination now and the H1N1 vaccination when available for your risk category.

### Seasonal Flu: The CDC recommends these groups receive seasonal flu vaccine as soon as it's available:

- ✓ ALL persons age 50 years and older
- ✓ ALL children age 6 months through 18 years
- ✓ Household contacts and caregivers of children younger than age 5 years, particularly contacts of infants younger than age 6 months
- ✓ Household contacts and caregivers of adults age 50 years and older
- ✓ Health care personnel
- ✓ Persons with certain high-risk medical conditions

### H1N1 vaccine will first be available for:

- ✓ Pregnant women
- ✓ Parents or caregivers of children under 6 months of age
- ✓ 6 month olds to 24 year olds
- ✓ People 25 – 64 years old with underlying health problems
- ✓ Healthcare workers/EMS

Once these groups have been vaccinated then the healthy 25 – 64 year old will be vaccinated followed by the 65 year and older population.

## Contagious conditions...



### How Long Contagious?

Infected people may be able to infect others beginning 1 day before symptoms develop. Then, those infected, should be considered potentially contagious as long as they have the symptoms--and possibly for up to 7 days after the symptoms began. Children, especially younger children, might be contagious for longer periods.

### Contaminated Surfaces?

Droplets from a cough or sneeze of an infected person move through the air and can settle on any surface—desk, phone, food, utensils—almost anything. Germs can then spread when a person touches something that is contaminated with germs and then touches his or her eyes, mouth or nose.

### How long contaminated?

Some viruses and bacteria can live 2 hours or longer on surfaces like doorknobs, tables, and desks.