

Plain Facts

H1N1 (Swine) FLU



California Department of Developmental Services
Consumer Advisory Committee

My Life, My Way
2009



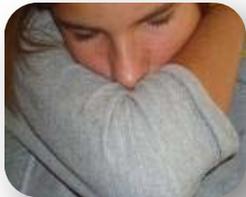
H1N1 (Swine) FLU

What is H1N1?



H1N1— sometimes called swine flu — is a new virus that is making people sick. It can be like the regular flu people get every winter. For some, it can make them sicker.

How do you get H1N1?



H1N1 spreads through coughing or sneezing. It can also spread by touching something that someone with **H1N1** flu touched and then putting putting your hands to your mouth or nose.

How does it feel?



People have a fever, cough, sore throat, runny or stuffy nose, headache, chills, body aches, and are tired. Some people also vomit and have diarrhea.



H1N1 (Swine) FLU

How can you protect yourself?



Wash your hands “often” with soap and water.
If soap and water are not available, use an alcohol-based sanitizer.



Try not to touch your eyes, nose or mouth.
Stay away from sick people.
Get the **H1N1** vaccine shot.

What should you do if you get H1N1?



Stay home. Avoid contact with people except to go to the doctor or clinic.



Most people feel like they have a regular flu and do not need a doctor or special medications.



H1N1 (Swine) FLU

Good to know about H1N1



Some people could have problems and should talk to a doctor.

They are:

- Children under 5 years.
- Adults 65 years and older.
- Pregnant women.

People who have medical conditions like:

- Asthma
- Brain, spinal cord, nerve or muscle disorders, like cerebral palsy, epilepsy, stroke, intellectual disabilities, muscular dystrophy
- Chronic lung disease, like COPD and cystic fibrosis
- Heart disease or Diabetes
- Blood disorders (like sickle cell disease)
- Kidney or liver disorders
- Weak immune systems due to disease or medication (like HIV, AIDS, cancer or using regular steroid medications)





H1N1 (Swine) FLU

Healthy people can get very sick from H1N1.



There are emergency warning signs. Anyone who has them should get medical care right away.

Emergency Warning Signs

For Children



- Fast breathing or trouble breathing
- Bluish skin color or fever with a rash
- Not drinking enough water or juice
- Not waking up or not talking with others
- Not wanting to be held
- Flu improves but returns with fever and worse cough

For Adults



- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or stomach
- Sudden dizziness or confusion
- Severe or continuing vomiting



H1N1 (Swine) FLU

How Is H1N1 Treated?



There are medications your doctor may give you called “antiviral drugs,” like Tamiflu.

How can you stop from spreading H1N1 to others?



If you are sick - stay home at least 24 hours after your fever is gone (except to see the doctor).



Cover your mouth and nose with a tissue when coughing or sneezing. Put used tissue in the trash.

Clean your hands every time you cough or sneeze.

Keep away from others as much as possible to keep from making them sick.



Keep places like bedside tables, bathrooms and kitchen counters—children’s toys - clean by wiping them with a household cleaner (use according to directions).