



H1N1 INFLUENZA (Swine Flu)

What is H1N1 INFLUENZA?

H1N1 influenza is a new strain of swine influenza A (H1N1) caused by a respiratory disease of pigs. Before a 2009 global outbreak of H1N1 influenza, person-to-person transmission was limited. However, the U.S. Centers for Disease Control and Prevention is now tracking reports of human infection with H1N1 influenza.

What are the symptoms of H1N1 influenza in humans?

People with H1N1 influenza have symptoms similar to regular human flu: fever, cough, sore throat, body aches, headache, chills and fatigue. Some people with H1N1 influenza report diarrhea and vomiting. Like seasonal flu, H1N1 influenza may worsen previously existing medical conditions or cause severe illness such as pneumonia, respiratory failure, and death.

Most ill people recover after a few days of rest and do not necessarily have to go to the doctor's office. They should call the doctor to receive care instructions.

Children need urgent emergency medical care when they have trouble breathing, or breathe faster; when their skin turns a bluish color; and when they do not drink enough liquids. Other warning signs are not waking up or interacting; not wanting to be held; flu-like symptoms that improve but return with a fever and worse cough; and a fever with a rash.

Adults need urgent emergency medical care when they have difficulty breathing or shortness of breath, and when they have pain or pressure in their chest or abdomen. Other warning signs are sudden dizziness, confusion, and severe or persistent vomiting.

How is H1N1 influenza diagnosed?

Physicians diagnose H1N1 influenza based on symptoms, and confirm the diagnosis with a laboratory test.

How does H1N1 influenza spread?

H1N1 influenza spreads when humans contact infected pigs or environments contaminated with H1N1 influenza viruses. The virus can also spread person-to-person through coughing or sneezing.

How is H1N1 influenza treated?

CDC recommends oseltamivir or zanamivir for treating and preventing swine influenza infection. Antiviral drugs are prescription medicines (pills, liquid or an inhaler) that make illnesses milder, prevent serious complications, and hasten recovery. Antiviral drugs work best to treat sick people if they begin within two days after symptoms appear.

24/7 Emergency Contact Number: 1-888-295-5156



Is there a vaccine to protect humans from H1N1 influenza?

Currently, there is no vaccine available to protect humans against H1N1 influenza.

How is H1N1 influenza prevented?

Take these steps to protect yourself from contracting H1N1 influenza:

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are effective.
- Avoid close contact with sick people. People infected with H1N1 influenza or ill with any influenza-like illness should remain at home until at least 24 hours after they are free of fever (100° F [37.8° C]), or signs of a fever without the use of fever-reducing medications.
- Stay home from work or school if you become sick, and limit contact with others. Avoid touching your eyes, nose or mouth.

Can I get H1N1 influenza from eating or preparing pork?

You cannot get H1N1 influenza from eating pork or pork products. It is not spread by food. It is safe to eat properly handled and cooked pork products.

References and Sources:

- Centers for Disease Control and Prevention: www.cdc.gov
- U.S. Department of Health & Human Services: www.pandemicflu.gov
- Delaware Division of Public Health: www.flu.delaware.gov