

# 2009 H1N1 Flu (Swine Flu)

What do I need  
to know and do?

**2009 H1Ni influenza** (previously referred to as swine flu) is a respiratory disease of pigs caused by type A influenza viruses. People do not normally get this type of flu, but human infections can and do happen. In March and April 2009, the first confirmed cases of human infection were documented in a number of states as well as in other countries.

This H1N1 flu is contagious, but there are simple steps to take to reduce your chances of contracting the flu. The first and best method is washing your hands frequently with warm water and soap and to cover your mouth when you cough or sneeze.

You cannot catch this H1N1 flu by eating pork or products made from pork.

## H1N1 FLU SYMPTOMS INCLUDE:

- ❑ High fever
- ❑ Coughing
- ❑ Runny nose
- ❑ Sore throat
- ❑ Nausea and/or diarrhea
- ❑ Loss of appetite

**If you have any of the  
symptoms please contact  
your local health department.**

**You can also contact  
CARE-LINE in Spanish/English  
and other languages  
at 1-800-662-7030.**

## TIPS TO PREVENT CATCHING THE FLU

- ❑ 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 get sick with flu, stay home from work or school and limit contact with others to keep from infecting them.



Infected people may be able to infect others even before symptoms develop and up to seven or more days after becoming sick. That means that you may be able to pass the flu on to someone else before you know you are sick, as well as while you are sick.

There are medicines available to treat H1N1 flu. Antiviral drugs are prescription medicines – pills, liquid or an inhaler – that fight against the flu by keeping flu viruses from reproducing in your body. If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. For treatment, antiviral drugs work best if started soon after getting sick, usually within two days of developing symptoms.

