



H1N1 Influenza and You.

La Crosse County Health Department
- Nursing Division

What is H1N1 flu?

- Respiratory disease of pigs caused by type A influenza viruses.
- People do not normally get influenza from pigs, but human infections can happen and cause illness.

What are the signs and symptoms of H1N1 flu in people?

- Fever
- Cough
- Sore throat
- Body aches
- Headache
- Chills
- Fatigue
- Diarrhea and vomiting in some cases
- Worsening of underlying chronic medical conditions

How does H1N1 flu spread?

- Through coughing or sneezing of people with influenza
- Touching contaminated surfaces
- Can spread to others beginning 1 day before symptoms develop and up to 7 days after becoming sick.
- NOT spread by food.

What is being done to protect the public?

- The Center for Disease Control (CDC) is performing an ongoing investigation and response effort surrounding the outbreak of H1N1 flu
- Health officials in the US, Canada, and Mexico are working closely together to respond to potential cases

What can I do to protect myself from getting sick?

- GOOD HAND WASHING!!!!
- Cover your nose and mouth with a tissue when you cough or sneeze
- Throw tissue in the trash
- Avoid touching your eyes, nose, mouth

- Avoid contact with sick people
- NO VACCINE to protect against H1N1 flu at this time
- Eat well
- Get enough rest

What precautions should I take when traveling?

- Monitor the local situation
- Be aware of local government announcements
- Practice healthy habits
- Seek medical care if sick during travels
- Once you have returned watch for any symptoms, and contact your healthcare professional if necessary

What should I do if I get sick?

- Contact your healthcare provider if you have been exposed to someone with H1N1 flu AND are having flu-like symptoms.
- Stay home
- Avoid contact with other people as much as possible
- Do not go to work, school, or travel if ill

How serious is H1N1 flu?

- Varies in severity just like seasonal flu.
- Some cases may be mild while others are more severe.
- There is no indication H1N1 flu is more or less severe than seasonal flu at this time.

Coughing and Sneezing

- Cover your mouth and nose with a tissue when coughing or sneezing.
- Put used tissue in the waste basket.
- If you do not have a tissue still cover your cough or sneeze.
- Always clean your hands every time you cough or sneeze.

Hand Washing

- Wash with soap and water for 15-20 seconds.
- When soap and water are not available, alcohol-based wipes or gel sanitizers may be used.

More information

- Please visit the following websites for more information:

–www.cdc.gov

–www.who.int

–www.nih.gov

–www.lacrossepanflu.org

- Call La Crosse County's Flu Line at
608-785-5902