

What can I do to protect myself and others from getting sick?

Take these everyday steps to protect your health and the health of others:

- ◆ Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- ◆ Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- ◆ If you don't have a tissue, cough or sneeze into your sleeve.
- ◆ Avoid touching your eyes, nose or mouth. Germs spread this way.
- ◆ Try to avoid close contact with sick people.
- ◆ People at high risk, especially pregnant women, should talk to their healthcare provider about their health risks.



What should I do if I get sick?

- ◆ Stay home from work or school except to seek medical care.
- ◆ Limit contact with others to avoid infecting them.
- ◆ Wash your hands often.
- ◆ Contact your health care provider if you have any questions.

Other important actions to take:

- ◆ Have a family preparedness plan in case you or your children get sick and need to stay home.
- ◆ Get vaccinated against the regular seasonal flu.

Anne Arundel County Department of Health
www.aahealth.org
Flu Information Line: 410-222-7343

For more information:
www.cdc.gov
www.flu.gov
1-800-CDC-INFO (4636)



Department of Health

H1N1 Influenza A (Swine Flu) Questions & Answers



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The new H1N1 influenza A virus has spread to many places around the world, including Anne Arundel County, Maryland, and in June 2009, the World Health Organization declared an influenza pandemic. Most people who get the H1N1 flu virus can recover without medical care. Others may have a serious illness and need medical treatment. The Anne Arundel County Department of Health monitors the County's influenza situation and follows guidelines from State and federal health officials.

The following Frequently Asked Questions are modified from the national Centers for Disease Control and Prevention (CDC).

What is H1N1 influenza A (swine flu)?

The novel H1N1 influenza is a new influenza virus causing illness in people. Originally, it was called "swine flu" because the virus has similarities to flu viruses that occur in pigs.

Is this H1N1 influenza A virus contagious?

Yes. This virus is contagious and can spread from human to human in the same way that seasonal flu spreads. Flu viruses can get in the air when a person with influenza coughs or sneezes.

Sometimes people may become infected by touching something - such as a surface or object - that has the flu virus on it and then touching their mouth, nose or eyes.



What are the signs and symptoms of H1N1 influenza A in people?

The symptoms of H1N1 influenza A in people are similar to the symptoms of regular seasonal flu and include:

- ◆ Fever
- ◆ Cough
- ◆ Sore throat
- ◆ Runny or stuffy nose
- ◆ Body aches, headache
- ◆ Chills and fatigue

Other possible symptoms include diarrhea and vomiting. Like seasonal influenza, H1N1 influenza A may make underlying chronic medical conditions worse.

IN ADDITION TO THE ABOVE SYMPTOMS, WATCH FOR THESE WARNING SIGNS THAT NEED URGENT MEDICAL ATTENTION:

Adults

- ◆ Difficulty breathing or shortness of breath
- ◆ Pain or pressure in the chest or abdomen
- ◆ Sudden dizziness
- ◆ Confusion
- ◆ Severe or persistent vomiting

Children

- ◆ Fast breathing or trouble breathing
- ◆ Bluish skin color
- ◆ Not drinking enough fluids
- ◆ Not interacting
- ◆ Being so irritable that the child does not want to be held
- ◆ Flu-like symptoms improve but then return with fever and worsened cough
- ◆ Fever with a rash



Can I get a vaccine for H1N1 influenza A?

For current vaccine information, visit the County Department of Health's Web site, www.aahealth.org, or call the Flu Information Line at 410-222-7343.

Is there medicine to treat H1N1 influenza A?

Yes, antiviral drugs are prescription medicines (pills, liquid or an inhaler) that fight against the flu by keeping flu viruses from reproducing in your body.

The CDC recommends the use of antiviral medicines for people who are at high risk of flu complications and who are hospitalized. Talk to your health care provider about whether antivirals would help you.

Can I get H1N1 influenza from eating or preparing pork?

No. H1N1 influenza viruses are not spread by food.

