

Where can I get more information about H1N1 flu?

- Contact Faye Dodge, Tribal Clinic, Community Health Nursing at 715-799-5440
- Contact Becky Johnson, County Health Officer at 715-799-3861
- Center for Disease Control and Prevention (CDC) at: www.cdc.gov/flu
- Call your doctor, nurse or clinic
- State web sites at: www.pandemic.wisconsin.gov and www.readywisconsin.wi.gov/READYWI/



This photo was taken with special lighting so that you can see exactly what happens when a person sneezes. How would you like to share air space with this man and all of his germs? Always remember to cover your coughs and sneezes!
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Menominee Tribal Clinic

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**MENOMINEE INDIAN
TRIBE OF WISCONSIN**



**Novel H1N1 Influenza
“Swine Flu”**

Public Information Sheet

What is H1N1 flu?

Flu is a disease of the body's breathing system, including the nose, throat and lungs. H1N1 flu is caused by a new virus that was first recognized in April of 2009 and was called "swine flu". It is not the same as seasonal flu which occurs every year, during the winter and early spring. H1N1 flu causes symptoms that are similar to seasonal flu, is spread like seasonal flu, and can be prevented like seasonal flu.

What are the symptoms of H1N1 flu?

H1N1 flu symptoms are very similar to seasonal flu symptoms. Most common are fever, cough, and sore throat. Symptoms can also include body aches, headache, chills, runny nose and feeling very tired. Some people also have diarrhea and vomiting. Symptoms last from a few days to up to a week or more. Usually the symptoms of H1N1 are more severe than the seasonal flu.

Is H1N1 flu serious?

Yes, H1N1 flu can be very serious. Like with seasonal flu, some people are at higher risk of serious health problems when they get H1N1 flu. This includes pregnant women, children under 5 especially those under 2 years, and people with underlying medical conditions like asthma, diabetes, emphysema, immune problems, kidney or other transplant, and elders over 65 years old.

How does H1N1 flu spread?

The H1N1 flu virus is spread mainly from person to person through coughing and sneezing of people who are already infected with the influenza virus. A person may also become infected by touching a surface containing flu viruses and then touching his or her mouth or nose.

When is someone with H1N1 flu able to infect other people?

Persons with H1N1 flu should be considered contagious as long as they have a fever. Young children may be contagious for longer periods of time. Healthy adults and older children can

usually return to work or school 24 hours after the fever goes away.

Is there a vaccine for H1N1 flu?

A vaccine has been developed and will be available shortly. The seasonal influenza vaccine will *not* protect against 2009 H1N1 flu. The FDA has approved the use of one dose of 2009 H1N1 flu vaccine for persons 10 years of age and older. At this time children 9 years of age and younger will need to get two doses, and children ages 6 months through 35 months will get two doses that contain one-half the dose used for older children and adults. Getting flu vaccine will NOT give you the flu or any other type of illness.

Who should get the H1N1 flu vaccine?

The H1N1 vaccine will initially only be available for high risk groups. Those include: pregnant women; healthcare and emergency medical services personnel; people who live with or provide care for infants under 6 months of age; people 6 months to 24 years; and people ages 25 to 64 who have underlying medical conditions that put them at higher risk for influenza-related complications. *Note: Current studies indicate the risk for infection among persons over 65 years of age is less than the risk for persons in younger age groups.*

What should I do if I get sick?

If you become ill with influenza like symptoms limit your contact with other people as much as possible by remaining away from work or school. Get plenty of rest, drink lots of fluids, and use Acetaminophen or Tylenol to reduce fever as needed.

When do I go to the doctor?

The clinic and emergency room may be overwhelmed with a large number of sick people. People that are high risk for getting really sick should be seen by a doctor. Also anyone with warning signs which include: trouble breathing, chest pain in adults, not drinking enough fluids, severe or persistent vomiting, not waking up or

interacting, confusion, being so irritable that a child does not want to be held, fever improves, but then comes back again in a few days.

Are there medicines to treat H1N1 flu?

Yes there are several antiviral medications recommended for the treatment of infection of persons with underlying medical conditions. Antiviral drugs are not recommended for use in treating mild influenza like illness in persons who are otherwise in good health. For questions concerning the use of antiviral drugs, talk to your doctor.

How do I protect myself from getting sick with the H1N1 flu?

- Get vaccinated when the vaccine becomes available, especially if you have a medical condition which makes health complications from the flu more likely.
- Wash your hands often with soap and water or use alcohol based hand gel.
- Cough or sneeze into a tissue or the inside of your elbow if you don't have a tissue. Throw the tissue in the trash and wash your hands. Always wash your hands before you touch your eyes, nose or mouth.
- Use a regular household cleaner to clean surfaces that might get flu virus on them like door knobs, phones, faucets and toys.
- Avoid close physical contact with people who are sick. People with young children, a weak immune system or chronic medical condition should avoid large crowds if possible.
- **Stay home from work and school if you get sick with flu-like illness and avoid contact with others so the virus does not spread. SUPERVISORS ARE URGED TO ALLOW STAFF TIME AWAY FROM WORK. Stay at home until you have been free from fever for at least 24 hours after your last dose of fever reducing medication.** For most people this will mean staying home for about four to seven days.