

H1N1 Flu (Swine Flu) Information

Cases of H1N1 flu (swine flu) have been reported in several regions of the United States, including the Northeast and Mid-Atlantic.

The symptoms of H1N1 flu are typical of those caused by seasonal flu. They include cough, runny/stuffy nose, fever, muscle aches, headache, fatigue, nausea, diarrhea, and respiratory symptoms. Symptoms may be worse in people who have chronic health conditions. Like seasonal influenza, H1N1 flu can sometimes result in severe illness (pneumonia and respiratory failure), and occasional deaths have been reported in the past.

This particular strain of H1N1 flu is treatable with the prescription antiviral drugs oseltamivir (Tamiflu) and zanamivir (Relenza Diskhaler). If you get the flu, an antiviral drug can make your illness milder and help you feel better faster. It may also prevent serious flu complications. Antiviral drugs work best if started within 2 days of the time symptoms begin. There is no vaccine available right now to protect against H1N1 flu.

The Centers for Disease Control and Prevention (CDC) have determined that this H1N1 flu is contagious and spreads from human to human. It is not yet known how easily this virus spreads. Most likely it is spread by coughing or sneezing and by touching your mouth, eye, or nose after touching a surface with flu viruses on it.

To help prevent yourself from getting the flu: first and most important, wash your hands often. Wash with soap and warm water for 15 to 20 seconds. When soap and water are not available, you can use alcohol-based disposable hand wipes or gel sanitizer.

In addition, get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious foods. Try not to touch surfaces that may be contaminated with the flu virus. Try not to touch your eyes, nose, or mouth. Avoid close contact with people who have flu symptoms; people who have H1N1 flu may be contagious for 1 day before symptoms begin and up to 7 days after.

Contact your physician if you have questions about your health. Your physician can determine whether H1N1 flu testing or treatment is needed.

The World Health Organization and the Centers for Disease Control and Prevention (CDC) are following the situation closely and are providing updates to the public. You can access the CDC website at <http://www.cdc.gov> for additional information.

You can also visit the WorkLife section of lifesolutionsforyou.com by [clicking here](#).

Source: CDC