

The Flu

A Guide to Seasonal Flu and Novel H1N1 Flu

	Seasonal Influenza	Novel H1N1 Influenza
What is the it?	<p>An infection of the nose, throat and lungs that is caused by influenza virus occurring usually in the winter months.</p> <p>Spread from person to person.</p>	<p>An infection of the nose, throat and lungs that is caused by influenza virus new to people potentially leading to increased illness.</p> <p>May infect the G.I. tract in addition to the respiratory tract.</p> <p>May happen at a different time of year than seasonal flu.</p> <p>Spread from person to person.</p>
What are the symptoms?	<p>Fever (usually high), fatigue, headache, dry cough, sore throat, runny/stuffy nose, sore muscles.</p> <p>Some, especially children, may also have stomach problems and diarrhea.</p> <p>Cough can last two or more weeks.</p>	<p>Similar to that of seasonal flu: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue</p> <p>May have diarrhea and vomiting.</p> <p>Also like seasonal flu, severe illnesses and death has occurred as a result of illness associated with this virus.</p>
How long can a sick person spread it to others?	<p>For healthy adults, from one day before getting sick up to five days after getting sick.</p> <p>This can be longer in children and those with underlying health issues.</p>	<p>Individuals can be infectious for 7 days from onset of illness, but are most infectious until 24 hours after fever has passed, usually 3 to 5 days.</p>
Besides vaccine, how else can I protect my family?	<p>Clean hands often.</p> <p>Cover coughs and sneezes.</p> <p>Keep hands away from face.</p> <p>Stay home when you are sick.</p> <p>Set a good example by doing this yourself.</p>	<p>Clean hands often.</p> <p>Cover coughs and sneezes.</p> <p>Keep hands away from face.</p> <p>Stay home when you are sick.</p> <p>Set a good example by doing this yourself.</p>
How do I treat it?	<p>Bed rest and liquids are usually enough.</p> <p>Acetaminophen (or other products that don't contain aspirin) can lessen fever and body aches.</p> <p>Aspirin—and other aspirin-containing products—should not be given to children with influenza.</p> <p>Some prescription drugs can reduce the severity of influenza in people at risk for serious infection, if taken early in the course of the illness.</p>	<p>Bed rest and liquids are usually enough.</p> <p>Acetaminophen (or other products that don't contain aspirin) can lessen fever and body aches.</p> <p>Aspirin—and other aspirin-containing products—should not be given to children with influenza.</p> <p>Some prescription drugs can reduce the severity of influenza in people at risk for serious infection, if taken early in the course of the illness.</p>

Seasonal Influenza

Novel H1N1 Influenza

<p>When should I take my child to the doctor or hospital?</p>	<p>Call or take your child to a doctor right away if he/she:</p> <ul style="list-style-type: none"> • Has a high fever or one that lasts a long time • Has trouble breathing or breathes fast • Has skin that looks blue • Seems confused, will not wake up, does not want to be held, or has seizures (uncontrolled shaking) • Gets better but then worse again • Has other conditions (like heart or lung disease, diabetes) that get worse 	<p>Call or take your child to a doctor right away if he/she:</p> <ul style="list-style-type: none"> • Has a high fever or one that lasts a long time • Has trouble breathing or breathes fast • Has skin that looks blue • Seems confused, will not wake up, does not want to be held, or has seizures (uncontrolled shaking) • Gets better but then worse again • Has other conditions (like heart or lung disease, diabetes) that get worse
<p>Who is most at risk?</p>	<ul style="list-style-type: none"> • Adults 65 years of age and older • Young children • Pregnant women • Persons with chronic medical conditions, such as asthma, diabetes, obesity, or heart disease • Persons who have a weakened immune system, such as from medications or HIV infection 	<ul style="list-style-type: none"> • Adults 65 years of age and older • Young children • Pregnant women • Persons with chronic medical conditions, such as asthma, diabetes, obesity, or heart disease • Persons who have a weakened immune system, such as from medications or HIV infection
<p>Is there a vaccine?</p>	<p>Yes. Flu shots can be given to all adults as well as children 6 months and older OR a nasal-spray vaccine can be given to healthy adults and children 2+ years old. This vaccine will NOT protect against Novel H1N1, but will protect against other flu viruses.</p> <p>Contact your healthcare provider for more information or www.fluaz.org.</p>	<p>There is no Novel H1N1 vaccine currently; however one is expected to be available by late fall of 2009.</p> <p>Treatment options may be available. Call your healthcare provider for more information.</p>
<p>Can you get sick from the vaccine?</p>	<p>No. The flu shot is made from killed influenza virus and can't give you flu; the nasal spray vaccine is made from weakened virus which is not strong enough to infect people.</p>	<p>The pending flu vaccine will be manufactured similar to the seasonal flu vaccine and won't give you the flu.</p>
<p>When can my family go back to work/school after being sick?</p>	<p>Keep individuals home until they have been fever free for at least 24 hours (without fever-reducing medication).</p>	<p>Keep individuals home until they have been fever free for at least 24 hours (without fever-reducing medication).</p>

The Flu

Caring for Seasonal and Novel H1N1 Influenza at home

The symptoms of Novel H1N1 flu virus in people are similar to the symptoms of seasonal flu and include **fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue**. A significant number of people who have been infected with novel H1N1 flu virus also have reported **diarrhea and vomiting**.

How to Care for the Flu at Home

Most people with influenza recover without medication. The following information can help you provide safer care at home for sick persons during a flu outbreak or flu pandemic.

Get plenty of **rest**.

Drink clear **fluids** to keep from being dehydrated.

Check with your health care provider about any special care that you might need if you are pregnant or have a health condition such as diabetes, heart disease asthma, or emphysema. Your doctor may want to prescribe antiviral medications for you.

Be watchful for warning signs that might indicate that you need to seek medical attention.*

* **Warning signs include:** *Adults* - Difficulty breathing or shortness of breath, Pain or pressure in the chest or abdomen, Sudden dizziness, Confusion, Severe or persistent vomiting, Flu-like symptoms that improve but then return with fever and worse cough. *Children* - Fast breathing or trouble breathing, Bluish or gray skin color, Not drinking enough fluids, Severe or persistent vomiting, Not waking up or not interacting, Irritability and not wanting to be held, Flu-like symptoms that improve but then return with fever and worse cough.

How to Lessen the Spread of the Flu at Home

The main way that influenza viruses spread is from person to person in respiratory droplets of coughs or sneezes. To lessen the spread of influenza, you should:

Cover coughs and sneezes.

Avoid close contact with others while you are sick. Individuals can be infectious for **7 days** from onset of illness, but are most infectious until 24 hours after fever has passed, usually 3 to 5 days.

Wash your hands often with soap and water or an alcohol-based hand rub, especially after using tissues and after coughing or sneezing into hands. Have everyone in the household wash their hands often.

Anyone who is a high risk group for complications from influenza** should avoid close contact (within 6 feet) with household members who are sick. Infants should not be cared for by sick family members.

** These include Pregnant women, people 65 and older, people with weakened immune systems, chronic medical conditions and young children.

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Signs and Symptoms of Novel H1N1 Influenza

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Is it a Cold or the Flu?

Symptoms	Common Cold	Seasonal and Novel H1N1 Influenza
Fever	Rare	High (102-104°F) lasts for 3-4 days
Headache	Rare	Prominent
General Aches and Pains	Slight	Usual; often severe
Fatigue, Weakness	Quite mild	Can last up to 2-3 Weeks
Extreme Exhaustion	Never	Early and prominent
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Usual
Chest Discomfort	Mild	Common, can be severe
Cough	Moderate hacking cough	Can be severe dry cough
Vomiting or Diarrhea	Never	More common with Novel flu; less so with Seasonal flu
Complications	Sinus and ear pressure	Pneumonia; can be life threatening
Treatment	None	Anti-viral medication
Prevention	None	Vaccine expected winter 2009

If you believe you have H1N1 flu and are worried about your symptoms call your doctor or urgent care center. Please be careful not to make other sick. Cover your cough. Stay home from work or school.

Over →

Emergency Warning Signs

If you become ill and experience any of the following warning signs, immediately seek emergency medical care. If you become ill and experience any of the following warning signs, immediately seek emergency medical care.

Concerns in Children

Concerns in Adults

Fast breathing or trouble breathing	Difficulty breathing or shortness of breath
Not drinking enough fluids	Not drinking enough fluids
Severe or persistent vomiting	Severe or persistent vomiting
Flu-like symptoms improve but then return with fever or worse cough	Flu-like symptoms improve but then return with fever or worse cough
Not waking up or interacting	Confusion
Irritability and not wanting to be held	Sudden dizziness
Bluish or gray skin color	Pain or pressure in the chest or abdomen

The Flu

And Your Family

Together, We Can **STOP** the Spread!

1 Teach your kids good hygiene—everyday!

Cover your coughs and sneezes in your elbows and/or disposable tissue, use good hand washing habits and get rest everyday. Parents are the best role model for children—take care of each other and practice good hygiene, together, everyday!

2 Keep your kids home when they are sick.

When a child goes to school sick, he/she can infect classmates at amazing rates. Treat their symptoms at home and take them to the doctor if their symptoms worsen.

3 Consider seasonal flu vaccine.

The more people who are vaccinated with seasonal flu vaccine, the better chance we have of keeping this virus from jumping from person to person. Do your part to keep the community flu-free by getting the whole family vaccinated.

For vaccine location, contact Community Information and Referral at 602-263-8856.



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