



Pandemic Influenza (H1N1) Fact Sheet

What is Novel H1N1?

H1N1 virus, also known as swine flu, is a new strain of influenza that was not seen in people until recently. This new virus was first detected in people in the United States in April 2009. The virus has now infected people all over the world.

How Is Novel H1N1 Spread?

- Person-to-person airborne droplets
 - Requires close contact
- Environment
 - Hands of infected person
 - Contaminated surfaces also possible

What are the symptoms of H1N1?

- Fever >100° F
- Coughing
- Muscle and body aches
- Sore throat
- Respiratory congestions
- Chills and fatigue
- Headache
- GI symptoms are more common in children
 - Nausea
 - Vomiting
 - Diarrhea

Who Are High Risk Groups (according to the Centers for Disease Control and Prevention or CDC)

- Children younger than 5 years old.
- Persons with the chronic diseases under 65 years of age
 - Chronic pulmonary (including asthma), cardiovascular (except high blood pressure), renal, hepatic, hematological (including sickle cell disease), neurologic, neuromuscular, or metabolic disorders (including diabetes mellitus);
 - Immunosuppression, including that caused by medications or by HIV
- Pregnant women
- Persons younger than 19 years of age who are receiving long-term aspirin therapy
- What is different?
 - Adults older than 65 years of age, so far, have not had complications
 - CDC is conducting laboratory studies to see if certain people might have natural immunity to this virus, depending on their age.

Jackson County Health Department recommends the following prevention measures:

- Wash hands thoroughly with soap and warm water or use alcohol-based hand sanitizer to reduce germs
- Avoid touching your eyes, nose and mouth
- Cough and/or sneeze into your elbow or tissue and immediately dispose of used tissue in trash can (www.coughsafe.com)
- Stay home when you are sick to avoid spreading disease to co-workers, friends, classmates and other people
- Stay healthy by eating a balanced diet, drink plenty of water and get plenty of rest and exercise
- Call your doctor or your child's doctor if you or your child has symptoms
- Get vaccine for seasonal influenza (the regular flu)

Is there a vaccine for H1N1 Pandemic Influenza?

- Currently vaccine is available in limited supply
- If vaccine is available in limited supply, it will be given to target groups designated by the Centers for Disease Control and the World Health Organization
- If vaccine supply is not limited, it will be offered to everyone

Is there a treatment for H1N1 Pandemic Influenza?

- Antiviral medication, not antibiotics, can be used to treat H1N1 at this time.

What are some complications of H1N1 Pandemic Influenza?

- Bacterial and viral pneumonia
- Dehydration
- Acute Respiratory Distress Syndrome (ARDS)
- Exacerbation (flare-up) of chronic medical conditions
 - Congestive heart failure
 - Asthma
 - Diabetes
- Children
 - Sinusitis
 - Ear infections
 - Reye's Syndrome (salicylates)

What Are Emergency Warning Signs Needing Urgent Medical Attention

In 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
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

In 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 seem to get better but then get worse and fever returns with a worsening cough

For more information visit the following WEB sites:

- Centers for Disease Control
<http://www.flu.gov>
<http://www.cdc.gov/h1n1flu/>
<http://www.cdc.flu.gov>
- Missouri Department of Health and Senior Services
http://www.dhss.mo.gov/BT_Response/SwineFlu09.html
- Mid-America Regional Council
<http://www.preparemetrokc.org>
- Jackson County Health Department
<http://www.jacohd.org>

If you have questions contact Jackson County Health Department at 816-404-6415.