

Novel Influenza A H1N1

(or swine flu)



What is H1N1 (swine flu)? Novel Influenza A H1N1 (commonly referred to as "swine flu") is a new influenza virus causing illness in people. This new virus was first detected in people in the US in April, 2009. Individuals throughout the state, country, and world have tested positive for this new strain. This virus is spreading from person-to-person in much the same way that regular seasonal influenza viruses spreads.

That is probably the important thing to remember -- that while novel (meaning, we haven't experienced it before and therefore haven't built up immunity to it), this is showing to be very similar to a regular flu season, just later in the year than we normally expect to see it. That being said, you should protect yourself and your family the same way you would any flu season:

- Wash your hands frequently. Use of a alcohol-based hand sanitizer is also suggested.
- Avoid close contact with people who are sick. If you are caring for someone that is ill, wash your hands before and after treating them. Try not to touch surfaces that may be contaminated with the flu virus.
- Cover your mouth with a tissue when you cough or sneeze, and discard (cough into elbow if tissue not available).
- Stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
- If you are sick, stay home. Treat as you would regular seasonal influenza. If you have severe symptoms (headache, body ache, cough, sore throat, chills, and fatigue), see your doctor.
- If you haven't already done so, develop a family emergency kit. This should include water, food, medicines, face masks, and other essentials.

A couple of things to note: you CANNOT get Novel H1N1 flu by eating pork. The CDC has lifted it advisory against unnecessary travel to Mexico, instead simply advising travelers to be cautious. The incubation period (meaning time from when you are exposed to when you get sick) is normally 2 to 3 days, but can be up to 10 days (mostly in small children). With seasonal flu, studies have shown that people may be contagious from one day before they develop symptoms to up to 7 days after they get sick. Individuals who become sick can generally return to normal activities 24 hours after symptoms cease.

General Information about 2009 H1N1 Flu
Q & A's, including guidance for treatment and infection control, background information, and audio and video resources
http://www.cdc.gov/h1n1flu/general_info.htm

2009 H1N1 Flu and You
What is 2009 H1N1 Flu?
http://www.cdc.gov/h1n1flu/swineflu_you.htm

Key Facts about 2009 H1N1 Flu
How does 2009 H1N1 Flu spread?
http://www.cdc.gov/h1n1flu/key_facts.htm

Human 2009 H1N1 Flu Investigation
Information about the investigation by the CDC
<http://www.cdc.gov/h1n1flu/>

www.health.utah.gov/h1n1
www.cdc.gov/h1n1
www.PandemicFlu.gov
www.UtahCountyHealth.org

Pandemic Preparedness Checklists
Preparedness lists for individuals, businesses, etc.
<http://www.utahcountyonline.org/Dept/HealthPrepared-PanFlu/Checklists.asp>

Be Ready Utah
Utah Utah's Emergency Preparedness Campaign
www.BeReadyUtah.gov