

PUBLIC HEALTH ADVISORY # 2

April 30th, 2009

H1N1 FLU (SWINE FLU) INFORMATION

What is it?

H1N1 flu (swine flu) is a respiratory infection of pigs caused by Type A Influenza virus. This virus normally does not infect humans. However, the current strain of H1N1 flu (swine flu) is causing illness in people in the U.S., Mexico, and other countries. It is also spreading from person to person. Most people in the U.S. who have become infected have had only mild flu illness.

How do I know if I may need to be tested for H1N1 flu (swine flu)?

- If you have flu-like illness: fever of 100° F (37.8° C) or greater, and a cough and/or sore throat,
AND
 - Contact with a person who has a confirmed case of H1N1 flu (swine flu), OR
 - Spend time in settings with large groups of people (schools, child care, residential care facilities, etc.), OR
 - Have traveled to Mexico within 7 days before these symptoms appeared, or cared for someone who is ill and traveled to Mexico within 7 days before getting ill.

What should I do if I think I have H1N1 flu (swine flu)?

- *Stay home and avoid contact with others as much as possible!*
- Contact your health care provider so they can determine whether testing or treatment is needed, and/or
- Call the **multi-lingual Information Hot Line at (415) 499-6823** for more information and resources from 8 AM to 8 PM

What can I do to protect myself and others?

- If you are sick, stay home. If anyone in your household is sick, make sure they stay home. Do not go to school or work. Contact your health care provider.
- Cough or sneeze into your sleeve. If you use a tissue to cover your nose and mouth, throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough and sneeze. Alcohol-based hand sanitizers can also be used.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Try to stay in general good health; get plenty of sleep, be physically active, drink plenty of fluids and eat nutritious food.

Not everyone needs to be tested. If your healthcare professional feels that you need to be tested, and you cannot afford the test, selected facilities will provide the testing for FREE or at a REDUCED COST.

Call for more information

415-499-6823

www.marinflu.org