

# GET THE FACTS on H1N1 (Swine) Flu

## Fast Facts

- Flu symptoms include fever, headache, chills, body aches, tiredness, dry cough, sore throat, and congestion. Coughing, sneezing, or speaking spreads flu.
- Antibiotics like penicillin *will not cure* the flu.
- Over-the-counter medications may relieve symptoms. The National Institute for Allergies & Infectious Diseases recommends acetaminophen. Do NOT give aspirin to a child or teenager who has the flu.
- Drinking plenty of liquids, decongestants, cough suppressants, and use of a humidifier can provide symptomatic relief.
- You *can not* get the H1N1 virus by eating pork or pork products.

## Preventing the Spread of H1N1 (Swine) Flu

- Clean commonly used surfaces such as door handles, handrails, eating surfaces, and desks and work spaces frequently with disinfectant. Bleach solutions or commercial disinfectants are appropriate. One cup of bleach per gallon of water kills germs.
- Avoid close contact with people who appear to be ill. Stay home if you are sick.
- Cover your nose/mouth with a tissue when coughing or sneezing or cough/sneeze into your covered shoulder or elbow area.
- Wash your hands frequently. Avoid touching your eyes, nose or mouth as this can quickly spread germs.

## Know the Signs / Seek Emergency Treatment ONLY When Necessary

Symptoms	COLD / ALLERGIES	FLU
Fever	Rare	<i>Usual; high (100°F to 102°F); may be higher, especially in young children; lasts 3 to 4 days</i>
Headache	Rare	<i>Common</i>
General Aches, Pains	Slight	<i>Usual; often severe</i>
Fatigue, Weakness	Sometimes	<i>Usual; can last up to 2 to 3 weeks</i>
Extreme Exhaustion	Never	<i>Usual; at the beginning of the illness</i>
Stuffy Nose, Sneezing	Common	<i>Sometimes</i>
Sore Throat	Common	<i>Sometimes</i>
Chest Discomfort, Cough	Mild to moderate; hacking cough	<i>Common; can become severe</i>
<b>Treatment</b>	Antihistamines, Decongestants, Non-steroidal anti-inflammatory Medicines.	<i>Antiviral medicines may be appropriate; contact your primary care doctor</i>
<b>Prevention</b>	Wash your hands often. Avoid close contact with anyone with a cold.	<i>Antiviral medicines may be appropriate for individuals with increased risk; contact your primary care doctor</i>
<b>Complications</b>	Sinus congestion, middle ear infection, and asthma.	<i>Bronchitis and pneumonia can be life threatening</i>
<b>Emergency Treatment</b>	<p><i>In children warning signs that need urgent medical attention include:</i></p> <ul style="list-style-type: none"> <li>• Fast breathing or trouble breathing, Bluish / gray skin color, Not drinking enough fluids, 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, Fever with a rash</li> </ul> <p><i>In adults, warning signs that need urgent medical attention include:</i></p> <ul style="list-style-type: none"> <li>• Difficulty breathing or shortness of breath, Pain or pressure in the chest or abdomen, Sudden dizziness, Confusion, Severe or persistent vomiting</li> </ul>	