

## H1N1 Flu Q&A

### DCHD - Florida Department of Health

- There is a detailed plan in place to respond to influenza outbreaks
- Florida has a strong system to identify potential influenza cases
- H1N1 influenza is contagious and is spreading from human to human
  - You cannot get H1N1 influenza from eating pork or pork products
  - People can be infectious before symptoms appear and up to 7 days after the first symptom
  - Younger children might potentially be contagious for longer periods
  - Not known how easily H1N1 the virus spreads between people
- The symptoms of H1N1 flu in people are similar to the symptoms of regular human flu:
  - **Fever**
  - Cough
  - sore throat
  - body aches
  - Headache
  - Chills
  - Fatigue
  - diarrhea and vomiting in some cases
- If you become ill with influenza-like symptoms:
  - you may want to contact their health care provider
  - Your health care provider will determine whether influenza testing or treatment is needed
  - If you become ill and experience any of the following warning signs, seek emergency medical care:
    - **In Children:**
      - Fast breathing or trouble breathing
      - Bluish 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
    - **In Adults:**
      - Difficulty breathing or shortness of breath
      - Pain or pressure in the chest or abdomen
      - Sudden dizziness
      - Confusion
      - Severe or persistent vomiting
- Spread of this H1N1 virus happens in the same way that seasonal flu spreads:

- Contact with coughing or sneezing of people with influenza
  - Droplets from a cough or sneeze move through the air
- Contact with infected item and then touching mouth, nose, or eyes
- Prevention tips:
  - Cover your nose and mouth with a tissue when you cough or sneeze
    - Throw the tissue in the trash after you use it
  - Wash hands often with soap and water
    - wash for 15 to 20 seconds
    - especially after you cough or sneeze
    - Alcohol-based hand cleaners are also effective
      - If using gel, rub your hands until the gel is dry
  - Get plenty of sleep
  - Manage your stress
  - Drink plenty of fluids
  - Try not to touch surfaces that may be contaminated with the flu virus
  - Avoid close contact with people who are sick
  - Avoid unnecessary travel to areas where there are confirmed cases
- Treatment of H1N1 Flu
  - There is no vaccine available right now to protect against H1N1 flu
  - Antiviral drugs are prescription medicines (pills, liquid or an inhaler)
    - Tamiflu used for H1N1 Flu
  - Antiviral drugs work best if started within 2 days of symptoms
- If you get sick with influenza, DOH recommends that you stay home from work or school and limit contact with others to keep from infecting them

For more information, visit [www.dchd.net](http://www.dchd.net). Or call, 800-CDC-INFO (800-232-4636).