



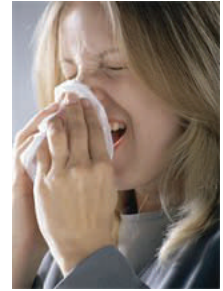
THE SIMPLE TRUTH ABOUT THE H1N1 FLU

WHAT IS “SWINE” FLU?

ALTHOUGH IT IS PRIMARILY A SWINE INFECTION, THE SWINE FLU, OTHERWISE KNOWN AS THE H1N1 VIRUS, HAS BEEN TRANSMITTED TO HUMANS. IT IS NOW SPREAD BY PERSON-TO-PERSON CONTACT.

HOW DO PEOPLE CATCH THIS FLU?

THE MOST COMMON SOURCE IS RESPIRATORY DROPLETS SPRAYED IN THE AIR AND THEN INHALED BY ANOTHER PERSON WITHIN SIX FEET OF THE PERSON WHO COUGHED OR SNEEZED. DROPLETS THEN CAN FALL TO SURFACES WITHIN THAT RADIUS. PERSONS WHO TOUCH CONTAMINATED SURFACES AND THEN RUB THEIR OWN NOSE, MOUTH OR EYES CAN BECOME INFECTED. IT HAS BEEN REPORTED THE VIRUS CAN ‘LIVE’ FOR UP TO 48 HOURS ON A NON-POROUS SURFACE AND LESS THAN 12 HOURS ON POROUS SURFACES.



WHAT ARE THE SYMPTOMS?

PERSONS WITH H1N1 MAY BE CONTAGIOUS UP TO A DAY BEFORE SYMPTOMS ARE MANIFESTED AND UP TO SEVEN DAYS AFTER THEY DEVELOP SYMPTOMS. SYMPTOMS INCLUDE FEVER, COUGHING, RUNNY NOSE, SORE THROAT, ACHES, PAINS, NAUSEA AND VOMITING OR DIARRHEA. PERSONS WITH CHRONIC IMMUNE PROBLEMS AND RESPIRATORY PROBLEMS ARE URGED TO SEEK MEDICAL ATTENTION IF ANY OF THESE SYMPTOMS OCCUR.



WHO IS AT RISK?

CHILDREN AND ADULTS UNDER 24, PREGNANT WOMEN AND PEOPLE BETWEEN AGES 25 AND 64 WITH CHRONIC ILLNESSES THAT COMPROMISE THE IMMUNE SYSTEM ARE CONSIDERED AT HIGH RISK FOR THIS FLU.

HOW CAN I PROTECT MYSELF FROM GETTING THE FLU?

GOOD HOUSEKEEPING PRACTICES AND OVERALL PERSONAL HYGIENE ARE THE BASIC FIRST LINE DEFENSE AGAINST CATCHING ANY FLU, COLD OR VIRUS. A VACCINE WAS RECENTLY APPROVED BY THE FDA AND HIGH RISK PERSONS SHOULD CONTACT THEIR HEALTH PRACTITIONERS ABOUT THE AVAILABILITY OF THIS VACCINE. GETTING A REGULAR FLU VACCINE IS ALSO RECOMMENDED. KEEP HARD SURFACES CLEAN BY ROUTINE DAILY CLEANING. USE ANY DISINFECTANT PRODUCTS ACCORDING TO DIRECTIONS. AREAS WHERE GERMS ACCUMULATE INCLUDE PHONES, COMPUTER KEYBOARDS, COMPUTER ELECTRONIC MICE, DOOR KNOBS, AND LIGHT SWITCH PLATES. KEEPING DISPOSAL WIPES IN AREAS WHERE THESE ITEMS ARE USED FREQUENTLY MAKE IT MORE CONVENIENT TO BE DILIGENT IN ROUTINE CLEANING. DISPOSE OF TRASH FREQUENTLY AND PROPERLY.

HOW CAN THE FLU BE TREATED?

TWO ANTIVIRAL MEDICATIONS, ZANAMIVIR (RELENZA) AND OSELTAMIVIR (TAMIFLU) ARE USED TO COMBAT INFECTIONS. TAMIFLU IS USED AS BOTH A PREVENTATIVE MEASURE AND A TREATMENT; THE LIQUID FORM IS USED TO TREAT CHILDREN.



WHAT SHOULD I DO IF I BECOME ILL?

IF YOU LIVE IN AN AREA WHERE THE H1N1 FLU HAS BEEN IDENTIFIED, BE SURE TO SEE YOUR HEALTH PRACTITIONER IMMEDIATELY IF YOU SHOULD BECOME SICK. IF YOU BECOME ILL, REMEMBER:

- COVER YOUR NOSE AND MOUTH WITH A TISSUE WHEN SNEEZING AND THROW THE TISSUE AWAY AFTER USE.
- WASH YOUR HANDS OFTEN WITH SOAP AND WATER, ESPECIALLY AFTER SNEEZING AND COUGHING.
- AVOID TOUCHING YOUR EYES, NOSE OR MOUTH.
- AVOID CLOSE CONTACT WITH PEOPLE WHO ARE ILL.
- STAY HOME FROM SCHOOL OR WORK AND LIMIT YOUR CONTACT WITH OTHERS TO KEEP SPREADING THIS VIRUS.

- VISIT CENTERS FOR DISEASE CONTROL WEBSITE AT  [HTTP://WWW.CDC.GOV/H1N1FLU/](http://www.cdc.gov/H1N1FLU/) OR 1-800-CDC-INFO.