

*The facts about*

# H1N1 Influenza

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# What is Influenza?

- Viral infection of the respiratory system (nose, throat, lungs).
- Most people recover, and their bodies now have a mechanism to fight that flu strain if encountered again.
- Can cause severe illness and life-threatening complications in some people.
- Sometimes called “seasonal” influenza.

# What is the H1N1 influenza?

- 2009 H1N1 is a *new* human influenza virus.
- Until spring 2009, this specific H1N1 influenza virus had never before been identified in humans.
- The human body is not likely to possess immunity to fight off this specific H1N1 strain.
- CONCLUSION: Exposure to H1N1 flu is likely to make you sick.

# What's in a name?

- The novel **H1N1** influenza is commonly referred to as “swine” flu.
- When this **H1N1** virus first appeared, it looked very similar to another flu virus that circulates among swine.
- **Seasonal flu** viruses happen mainly in the fall and winter, and are closely related in their biological makeup.
- **H1N1** flu virus has no established “seasonality” and is biologically very different from **seasonal** flu strains.

# Influenza Symptoms

Symptoms of **seasonal** and **H1N1** flu include:

- fever
- sore throat
- body aches
- chills
- diarrhea
- cough
- runny/stuffy nose
- headache
- fatigue
- vomiting

# Flu Prevention

- Get the seasonal flu vaccine
- Non-vaccine prevention methods include:



← Washing your hands in warm, soapy water

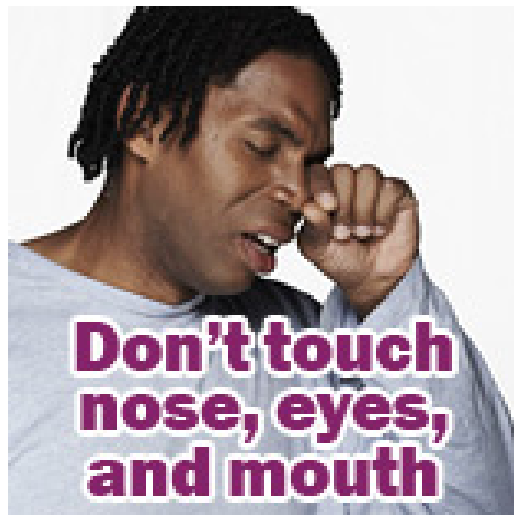


<- Covering your mouth and nose when you sneeze or cough.

Staying home from work or school if you are sick. ->

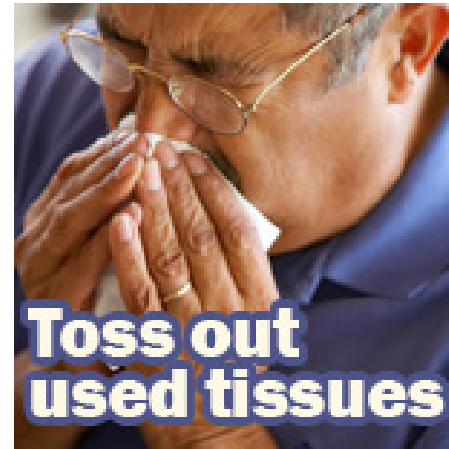


Avoiding others who might be sick. ->



<- Avoiding touching your eyes, nose and mouth with your hands.

Coughing or sneezing into a tissue, and throwing the tissue away. ->



<- Don't handle soiled tissues

# Vaccine: H1N1 & Seasonal

Different vaccines for different viruses

Seasonal flu vaccine is:

- the single best way to prevent getting seasonal flu
- known to have excellent safety records
- is especially important for people at high risk of serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older
- does not protect against H1N1

# Vaccine: H1N1 & Seasonal

Different vaccines for different viruses

H1N1 flu vaccine is:

- starting to arrive in Connecticut
- manufactured the same way as seasonal flu, and is just as safe.
- is in limited supply across the nation
- available free of charge to all (administrative fees may apply)
- is strong enough to protect adults with just one shot; kids under age 10 will need two shots.

# Other important flu facts

- Influenza vaccines do NOT cause the flu.
- H1N1 (swine) flu is not spread through food consumption.
- You should check with a primary care physician prior to receiving any vaccine.
- You may get the vaccine even if you do not have a primary care health provider.
- Nasal spray vaccines are approved for use in healthy people ages 2 to 49.

# The 2009/2010 flu season

What we know:

- H1N1 and seasonal flu will be present this flu season
- Seasonal flu vaccine is currently available
- Limited supplies of H1N1 vaccine are available

What we don't know:

- How severe this flu season will be
- When sufficient supplies of H1N1 vaccine will be available for those outside identified target groups.

# For more information:

## DPH H1N1 Flu Hotline

7 AM – 7 PM, M-F

1-800-830-9426

**Wash  
'em!**



[www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu) »

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Connecticut Department  
of Public Health

[www.ct.gov/ctfluwatch](http://www.ct.gov/ctfluwatch)