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## fastFACTS

# 2009 H1N1 Flu

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### **What is 2009 H1N1 Flu Virus?**

2009 H1N1 Flu Virus is a respiratory disease of pigs caused by type A influenza viruses. Outbreaks of flu happen regularly in pigs. People do not normally get flu viruses from pigs, but human infections can and do happen – most commonly, this occurs in people who are around pigs but it's possible for these viruses to spread from person to person also.

### **Is the 2009 H1N1 Flu Virus contagious?**

CDC has determined that the 2009 H1N1 Flu Virus is contagious and is spreading from person to person. However, at this time, it is not known how easily the virus spreads between people.

### **What are the signs and symptoms of 2009 H1N1 Flu?**

The symptoms of 2009 H1N1 Flu Virus are similar to the symptoms of seasonal flu and include:

- Fever greater than 100 degrees
- Body aches
- Coughing
- Sore throat
- Respiratory congestion
- In some cases, diarrhea and vomiting

#### Helpful Websites:

<http://www.kdheks.gov/>

<http://www.cdc.gov/>

<http://www.renogov.org/health/>

### **What should I do if I have these symptoms?**

See your healthcare provider if you are very sick with the symptoms identified AND have recently traveled to a part of the world where H1N1 flu has been reported (Mexico; San Diego and Imperial County, California; Guadalupe County/San Antonio, Texas). Be sure to let your doctor know when and where you were traveling and whether you visited any farms or open-air markets. Visit the Centers for Disease Control and Prevention (CDC) Web site for travel health information: [www.cdc.gov/travel/](http://www.cdc.gov/travel/).

### **How does H1N1 Flu spread?**

Human-to-human transmission of H1N1 flu occurs in the same way seasonal flu transmits. This is mainly through coughing or sneezing of people infected with the influenza virus. People may become infected by touching something with flu viruses on it and then touching their mouth or nose.

### **What can I do now to reduce the risk of illness?**

***By practicing good hygiene habits, you can help stop germs from spreading.***

- Cover your mouth and nose with tissue when coughing and sneezing
- Wash your hands often
- Stay home when you are sick
- Keep your hands away from your mouth and nose

### ***Do all you can to improve your health.***

The healthier you are, the more resistant your body is to disease. It's a better time than ever to quit smoking, improve your eating habits, exercise regularly, and get regular medical checkups and recommended immunizations.

### **How do you treat H1N1 Flu?**

If seen by a health care provider in the first 48 hours of symptoms, medication may be prescribed that may lessen the symptoms and shorten the duration of illness.