

Novel H1N1 Flu (Swine Flu) and YOU

Fast Facts

H1N1 is a type of influenza virus that causes illness in people.

H1N1 is **contagious** and spreads through coughing, sneezing, or when a person touches something contaminated with the virus then touches his or her eyes, nose, or mouth.



Symptoms of H1N1 are similar to those of the regular flu including:

- Fever over 100°F
- Cough
- Sore throat
- Runny nose / nasal congestion
- Body / muscle aches
- Headache
- Chills
- Fatigue
- Occasionally vomiting and diarrhea

Most people have recovered without needing medical treatment; but, hospitalizations and deaths from infection with the virus have occurred.

Those considered “**high risk**” include:

- People over 65 yrs
- Children under five
- Pregnant women
- People of any age with chronic medical conditions.



People infected with seasonal or novel H1N1 flu shed virus and may be able to infect others from 1 day before getting sick to 5-7 days after.

A **vaccine** for H1N1 is currently being produced and may be available as early as fall. The seasonal flu vaccine is not expected to protect against novel H1N1 flu. However, you may be able to receive seasonal flu and novel H1N1 vaccines on the same day.