
H1 N1 (Swine Flu) and You

There are many different sources of information on H1 N1 (swine flu) circulating the news and internet. At this time the Randolph County Health Department is serving as the lead agency for our area. Please be advised that any new information that Public Health personnel feel is vital to your health will be distributed by the staff of the health department.

What is H1 N1 (swine flu)?

H1 N1 (swine flu) is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get H1 N1 (swine flu), but human infections can and do happen. H1 N1 (swine flu) viruses have been reported to spread from person-to-person.

What are the signs and symptoms of H1 N1 in people?

The symptoms of H1 N1 (swine flu) in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with H1 N1 (swine flu). In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with H1 N1 (swine flu) infection in people. Like seasonal flu, H1 N1 (swine flu) may cause a worsening of underlying chronic medical conditions.

What can I do to protect myself from getting sick?

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick.

If possible, stay home from work, school and errands when you are sick. You will help prevent others from catching your illness.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. Clean your hands.

Frequently washing your hands for at least 20 seconds with soap and warm water will help protect you from germs.

5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Please contact your health care provider if you believe that you have flu like symptoms.

For the latest and up-to-date information visit the CDC website at: www.cdc.gov/swineflu