



Healthy Tennessean

A Publication of the UT Center for Community Health Literacy

September 2009

SWINE FLU FACT SHEET

In April 2009, a new flu virus emerged in the United States that has been referred to as “H1N1 flu” (you may also hear it called the “swine flu”). New cases of this virus have been found across the globe with most cases occurring in North America. It is unclear how severe this flu strain will be; however, certain groups may have an increased risk of H1N1 infection including pregnant women, people aged 24 and under and people with chronic illnesses (i.e. asthma, diabetes or a weakened immune system). The following suggestions can help you and your family to decrease the risk of getting or spreading the flu virus.



How does it spread?

The virus is contagious and spreads from person to person through coughing and sneezing or from touching your nose, mouth or eyes after touching something that has been infected with the virus. *The virus is not spread by eating pork or pork products.*

Symptoms

Symptoms of the swine flu are similar to seasonal flu symptoms:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headaches
- Chills
- Fatigue
- Diarrhea
- Vomiting

Preventing Infection

- Cover your nose or mouth with a tissue when you cough or sneeze. Throw used tissues away.
- Wash your hands often, especially after you cough or sneeze.
- Avoid touching your eyes, nose or mouth.
- Avoid close contact with sick people when possible.
- A vaccine is in production and is scheduled to be ready this fall (first priority will be given to recommended groups).



Proper Handwashing



- Wash your hands **often!**
- Use soap and warm water (alcohol-based hand sanitizers are also suggested when soap and water washing is not possible).
 - Wash for 15-20 seconds (about the time it takes to sing the "Happy Birthday" song twice).
- Dry your hands with paper towels or individual hand cloths (sharing towels can increase the likelihood that the virus will spread).

I think I might already have the flu – what should I do?

- Contact your physician. Further testing may be necessary.
- Stay home and away from other people as much as possible until 24 hours after your fever is gone (except to receive medical care).
- Your doctor may recommend medications that can help to make your illness less severe and allow you to feel better faster.
- Avoid giving aspirin and combination products containing aspirin to children under 19 years of age during a fever-causing illness to prevent the risk of Reye's syndrome.

Cleaning Tips (for homes exposed to the virus)

The flu virus can stay active on a surface up to 8 hours after it has been transferred there.

- Wipe down affected surfaces, toys, doorknobs and frequently handled objects with disinfectant cleaners according to directions on the label.
- Personal linens, clothing, dishes and eating utensils do not have to be cleaned separately. Wash your hands after handling affected items.



REMEMBER:

To keep your immune system running strong, make sure you eat a balanced diet and get plenty of rest!

Stay Informed!

Researchers continue to learn new things about this virus every day! To stay informed, check out timely updates and information at the following Web site:
www.cdc.gov/h1n1flu



Adapted from the Centers for Disease Control and Prevention materials (www.cdc.gov/flu). The following Web site is also available for materials in Spanish: www.cdc.gov/swineflu/espanol/influenza_porcina_usted.htm

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