

The Flu and You

A Guide to Seasonal Flu and Novel H1N1 Flu



	Seasonal Influenza	Novel H1N1 Influenza
What is the it?	<p>An infection of the nose, throat and lungs that is caused by influenza virus occurring usually in the winter months.</p> <p>Spread from person to person.</p>	<p>An infection of the nose, throat and lungs that is caused by influenza virus new to people potentially leading to increased illness.</p> <p>May infect the G.I. tract in addition to the respiratory tract.</p> <p>May happen at a different time of year than seasonal flu.</p> <p>Spread from person to person.</p>
What are the symptoms?	<p>Fever (usually high), fatigue, headache, dry cough, sore throat, runny/stuffy nose, sore muscles.</p> <p>Some, especially children, may also have stomach problems and diarrhea.</p> <p>Cough can last two or more weeks.</p>	<p>Similar to that of seasonal flu: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue</p> <p>May have diarrhea and vomiting.</p> <p>Also like seasonal flu, severe illnesses and death has occurred as a result of illness associated with this virus.</p>
How long can a sick person spread it to others?	<p>For healthy adults, from one day before getting sick up to five days after getting sick.</p> <p>This can be longer in children and those with underlying health issues.</p>	<p>Individuals can be infectious for 7 days from onset of illness or until 24 hours after symptoms have passed, whichever is longer.</p>
Besides vaccine, how else can I protect my family?	<p>Clean hands often.</p> <p>Cover coughs and sneezes.</p> <p>Keep hands away from face.</p> <p>Stay home when you are sick.</p> <p>Set a good example by doing this yourself.</p>	<p>Clean hands often.</p> <p>Cover coughs and sneezes.</p> <p>Keep hands away from face.</p> <p>Stay home when you are sick.</p> <p>Set a good example by doing this yourself.</p>
How do I treat the it?	<p>Bed rest and liquids are usually enough.</p> <p>Acetaminophen (or other products that don't contain aspirin) can lessen fever and body aches.</p> <p>Aspirin—and other aspirin-containing products—should not be given to children with influenza.</p> <p>Some prescription drugs can reduce the severity of influenza in people at risk for serious infection, if taken early in the course of the illness.</p>	<p>Bed rest and liquids are usually enough.</p> <p>Acetaminophen (or other products that don't contain aspirin) can lessen fever and body aches.</p> <p>Aspirin—and other aspirin-containing products—should not be given to children with influenza.</p> <p>There are some prescription drugs that can reduce the severity of influenza in people at risk for serious infection, if these drugs are taken early in the course of the illness.</p>

Seasonal Influenza

Novel H1N1 Influenza

<p>When should I take my child to the doctor or hospital?</p>	<p>Call or take your child to a doctor right away if he/she:</p> <ul style="list-style-type: none"> • Has a high fever or one that lasts a long time • Has trouble breathing or breathes fast • Has skin that looks blue • Seems confused, will not wake up, does not want to be held, or has seizures (uncontrolled shaking) • Gets better but then worse again • Has other conditions (like heart or lung disease, diabetes) that get worse 	<p>Call or take your child to a doctor right away if he/she:</p> <ul style="list-style-type: none"> • Has a high fever or one that lasts a long time • Has trouble breathing or breathes fast • Has skin that looks blue • Seems confused, will not wake up, does not want to be held, or has seizures (uncontrolled shaking) • Gets better but then worse again • Has other conditions (like heart or lung disease, diabetes) that get worse
<p>Who is most at risk?</p>	<p>People age 65 years and older, people of any age with chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, and young children.</p>	<ul style="list-style-type: none"> • Children younger than 5 years old • Adults 65 years of age and older • Persons with the following conditions: <ul style="list-style-type: none"> • Chronic pulmonary (including asthma), cardiovascular (except hypertension), renal, hepatic, hematological (including sickle cell disease), neurologic, neuromuscular, or metabolic disorders (including diabetes mellitus) • Immunosuppression, including that caused by medications or HIV • Pregnant women • Persons younger than 19 years of age who are receiving long-term aspirin therapy • Residents of nursing homes and other chronic-care facilities
<p>Is there a vaccine?</p>	<p>Yes. Flu shots can be given to all adults as well as children 6 months and older OR a nasal-spray vaccine can be given to healthy adults and children 2+ years old. This vaccine will NOT protect against Novel H1N1, but will protect against other flu viruses.</p> <p>Contact your healthcare provider for more information or www.fluaz.org.</p>	<p>There is no Novel H1N1 vaccine currently; however one is expected to be available by late fall of 2009.</p> <p>Treatment options may be available. Call your healthcare provider for more information.</p>
<p>Can you get sick from the vaccine?</p>	<p>No. The flu shot is made from killed influenza virus and can't give you flu; the nasal spray vaccine is made from weakened virus which is not strong enough to infect people.</p>	<p>The pending flu vaccine will be manufactured similar to the seasonal flu vaccine and won't give you the flu.</p>