

How long can a sick person spread the flu to others?

People infected with seasonal and novel H1N1 flu shed virus and may be able to infect others from 1 day before getting sick to 5 to 7 days after. This can be longer in some people, especially children and people with weakened immune systems and in people infected with novel H1N1 flu.

Is there a vaccine to protect me from H1N1 flu?

A vaccine against novel H1N1 flu is being produced and should be available in the coming months as an option for the prevention of the new H1N1 flu. A vaccine against seasonal flu is available each fall and winter. More information about the new H1N1 flu vaccine and the seasonal flu vaccine is available on the CDC Web site (www.cdc.gov).

Is there medicine to treat the flu?

Antiviral drugs can treat both seasonal flu and the new H1N1 flu under a doctor's recommendation.. These drugs can make people feel better and get better sooner, but they work best when started during the first 2 days of illness. The priority use for these drugs is to treat people who are seriously ill or who have a medical condition that puts them at high risk of serious flu complications.

Where can I find more information?

Whitman County Public Health

- <http://www.whitmancounty.org/publichealth>

Washington State Department of Health

- <http://www.doh.wa.gov/swineflu/faq.htm>

Centers for Disease Control and Prevention

- <http://www.cdc.gov/h1n1flu/qa.htm>


H1N1 Information for Specific Groups

- <http://www.cdc.gov/h1n1flu/groups.htm>

Washington State University H1N1 Blog

- <http://hws.wsu.edu/blog/default.asp>

Visit www.whitmancounty.org/publichealth to find the Whitman County Public Health on:

- Our Blog 
- Twitter 
- Facebook 
- Myspace 
- YouTube 

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WHITMAN COUNTY
PUBLIC HEALTH



Seasonal and Novel H1N1 Flu:

How To Protect Yourself and Those Around You

Tel: (509) 397-6280

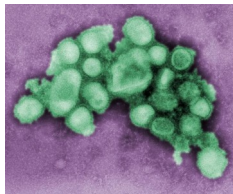
Wash your hands frequently and stay home when sick!

What is the flu?

The flu (influenza) is an infection of the nose, throat, and lungs caused by influenza viruses. Flu viruses cause illness, hospital stays and deaths in the United States each year. There are many different flu viruses and sometimes a new flu virus emerges to make people sick.

What is novel H1N1 flu?

Novel H1N1 flu is a new and very different influenza virus that is spreading worldwide among people. This new virus was called "swine flu" at first because it has pieces of flu viruses found in pigs in the past. However, novel H1N1 virus has not been detected in U.S. pigs.



Colorized image of H1N1 influenza virus courtesy of the CDC.

Influenza is unpredictable, but scientists believe that the new H1N1 virus will cause illness, hospital stays and deaths in the United States over the coming months. This flu season, the new virus may cause a lot more people to get sick than during a regular flu season. It also may cause more hospital stays and deaths than seasonal flu.

How serious is the flu?

The flu can be very serious, especially for younger children and children of any age who have one or more chronic medical conditions. These conditions include asthma or other lung problems, diabetes, weakened immune systems, kidney disease, heart problems and neurological and neuromuscular disorders. These conditions can result in more severe illness from influenza, including the new H1N1 virus.

How does flu spread?

Both novel H1N1 flu and seasonal flu are thought to spread mostly from person to person through the coughs and sneezes of people who are sick with influenza. People also may get sick by touching something with flu viruses on it and then touching their mouth or nose.



If you do have to cough or sneeze, do it in your sleeve.

What are the symptoms of the flu?

Symptoms of seasonal flu and novel H1N1 flu include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea.



Stay home if you have a fever.

How can I protect myself and others against the flu?

Get a seasonal flu vaccine for yourself and encourage those you live with to get one as well (including children if available) to protect against seasonal flu viruses. Taking everyday steps to prevent the spread of all flu viruses may greatly reduce your chances of getting the flu.



- If you have to cough or sneeze, do so into your sleeve (often the crook of your elbow). This will help to prevent hand contamination.
- Washing your hands often with soap and water, especially after your cough, sneeze, or blow your nose. If soap and water are not available, alcohol-based hand cleaners may be used but should not be a substitute for proper hand washing under normal conditions.
- Avoid touching your eyes, nose and mouth so that you don't spread germs.
- Try to stay at least 6 feet away from sick people, including sick members of the household.
- Keep surfaces like bedside tables, surfaces in the bathroom, kitchen counters, toys and phones clean by wiping them down with a household disinfectant according to directions on the product label.