



Frequent and thorough hand washing is one of the best defenses against the H1N1 flu virus.

THE H1N1 VIRUS:

☞ *is contagious and spreading from human to human through coughing, sneezing, or touching something infected with the flu virus*

☞ *has symptoms that include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue.*

☞ *can spread from an infected person one day before they actually get ill, to 5 to 7 days after illness.*

PANDEMIC INFLUENZA FAQ'S

What is influenza?

Influenza is a respiratory illness that causes, fever, body ache, cough and extreme fatigue. During a normal influenza season, which occurs every year, 10-20% of the U.S. population becomes ill and about 36,000 people nationwide die from influenza or its complications.

What is a pandemic influenza?

An influenza pandemic is a global outbreak caused by a new influenza virus to which humans have no immunity. This means the virus can spread rapidly and that it is more likely to cause serious illness and death than annual influenza. In the last century, there were three pandemics: the 1918 Spanish flu which resulted in 500,000 deaths in the United States and killed 40 million people worldwide; the 1957 Asian flu and the 1968 Hong Kong flu, both of which were much milder but still resulted in 70,000 and 34,000 deaths in the United States, respectively.

What is novel H1N1 (swine flu)?

Novel H1N1 (referred to as "swine flu") is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. This virus is spreading from person to person worldwide, probably in much the same way that regular seasonal influenza viruses spread. In June 2009, the World Health Organization (WHO) signaled that a pandemic of novel H1N1 flu was underway.

