

PUBLIC HEALTH UPDATE # 3

May 6th 2009

H1N1 FLU (SWINE FLU) INFORMATION

What is it?

H1N1 flu (swine flu) is a respiratory infection caused by a Type A Influenza virus. The H1N1 virus normally does not infect humans. However, the current strain of H1N1 flu (swine flu) is causing illness in people in the U.S., Mexico, and other countries. It is also spreading from person to person. Most people in the U.S. who have become infected have had only mild flu illness. More common seasonal flu strains are also still present.

What should I do if I think I have H1N1 flu (swine flu)?

- *Stay home and avoid contact with others as much as possible.*
- If you have flu-like symptoms (fever of 100° F (37.8°C) or greater AND a cough and/or sore throat), contact your health care provider so they can determine whether you need to be seen, or if testing or treatment is needed
- State and County health officials are now focusing on identifying cases of more severe illness. Testing is mainly for individuals with flu symptoms that are hospitalized patients, are healthcare providers, or live in group settings such as jails, prisons, and homeless shelters.
- Call the **Multi-Lingual Information Hot Line at (415) 499-6823** for more information and resources. The hotline is available on Monday through Friday, 9am-5pm.

What can I do to protect myself and others?

- If you are sick, stay home. If anyone in your household is sick, make sure they stay home. Do not go to school or work. Contact your health care provider.
- Cough or sneeze into a tissue or your sleeve. If you use a tissue to cover your nose and mouth, throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough and sneeze. Alcohol-based hand sanitizers can also be used.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Try to stay in general good health; get plenty of sleep, be physically active, drink plenty of fluids and eat a balanced diet.
- You cannot get the H1N1 virus (swine flu) from eating pork products, so you do not need to avoid eating pork products.

Not everyone needs to be tested. If your healthcare professional feels that you need to be tested, and you cannot afford the test, selected facilities will provide the testing for FREE or at a REDUCED COST.

Call for more information

415-499-6823

www.marinflu.org