



Questions and Answers about H1N1 (Swine) Flu

Wake County Human Services

Revised 5-5-09

Question: What is H1N1 (swine) flu?

Answer: Swine influenza (flu) is a respiratory disease of pigs caused by a virus. People are usually not infected with swine flu. H1N1 (swine) flu is a new strain of flu virus that is being seen in humans by health officials in the US and other countries. It can spread from person to person. It is not known at this time how easily the virus is spread.

Question: How does H1N1 (swine) flu spread?

Answer: H1N1 (swine) flu seems to be spread when -

- An infected person coughs or sneezes, putting germs into the air
- People touch a surface that has H1N1 (swine) flu germs and then touch their mouth, eyes or nose

Question: Can you get H1N1 (swine) flu from eating pork?

Answer: No. This virus is not spread through food.

Question: Is there a vaccine for the H1N1 (swine) flu?

Answer: There is no vaccine to protect humans from swine flu. This year's seasonal flu shot does not protect against H1N1 (swine) flu.

Question: Can H1N1 (swine) flu be treated?

Answer: Yes. Antiviral medicines can help make the illness milder and shorter. These medications are prescribed by a doctor and must be taken early (within 2 days of symptoms) to work their best.

Question: How do I protect myself and my family?

Answer: There are many things you can do (and teach children to do) -

- Wash your hands often. Use soap and water and scrub for 15-20 seconds. Alcohol based hand cleaners can be used if you don't have soap and water.
- Cover coughs and sneezes with tissues. Throw used tissues in the trash. If you don't have a tissue, cough or sneeze into your sleeve. If you cough or sneeze into your hands, wash them right away.
- Keep your hands away from eyes, nose and mouth.
- Avoid sick people. Stay home if you are sick. Keep sick children home from school or childcare.
- Stay as healthy as possible. Get plenty of sleep, drink plenty of fluids, be physically active, eat healthy foods and manage stress.

Question: What are the symptoms of H1N1 (swine) flu?

Answer:

Fever greater than 100.4°	Body Aches
Cough	Headache
Sore throat	Chills
Fatigue	Runny or stuffy nose

Question: What should I do if I have symptoms of H1N1 (swine) Flu?

Answer:

- Stay home for 7 days after symptoms begin or until you have been free of symptoms for 24 hours, whichever is longer.
- Avoid close contact with others. Stay in one room and stay away from others as much as possible.
- Wear a mask when you are in close contact with others (within 6 feet). You should also wear a mask if you leave the house or go to the doctor.
- Cover coughs and sneezes with a tissue. Throw used tissues in the trash. If you don't have a tissue, cough or sneeze into your sleeve. If you cough or sneeze into your hands, wash them right away.
- Wash your hands with soap and water or use an alcohol based hand gel right after you sneeze, cough, or throw a used tissue in the trash.
- Call or go to the doctor if your symptoms get worse.

Information about H1N1 (swine flu) is changing rapidly. For additional or the most recent information:

English and Spanish 1-800-662-7030
 TTY 1-877-452-2514
 Raleigh –area residents may call 855-4400
 TTY-919-733-4851

Centers for Disease Control and Prevention
www.cdc.gov/h1n1flu

