

Basic Information about Swine Flu H1N1 (Influenza A H1N1)

Mason County Public Health

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Are there any Swine Flu H1N1 cases in Mason County?

- ♦ There have been confirmed cases of Swine Flu H1N1 in Washington State. We have had a case of swine flu H1N1 in Mason County. We know that influenza – the flu -is in our community.

How severe are the Swine Flu H1N1 cases?

- ♦ At this moment, Swine Flu H1N1 cases in the United States appear more like the seasonal flu seen each year. However, influenza – the flu - is a serious disease and you should continue to take precautions that can help prevent its spread.
- ♦ Antiviral drugs are being used effectively to treat people who are seriously ill with Swine Flu H1N1. Antivirals, like Tamiflu, are prescription drugs that help people who are already sick with influenza get better faster.

What are the symptoms of Swine Flu H1N1?

- ♦ Symptoms of Swine Flu H1N1 include fever, cough, and sore throat. In addition, fatigue, lack of appetite, runny nose, nausea, vomiting, and diarrhea can occur. Fever and cough are key.

How does Swine Flu H1N1 spread?

- ♦ Swine Flu H1N1 is a respiratory disease that is spread from person-to-person by coming into contact with the germs spread when someone who is infected coughs or sneezes.
- ♦ The only people who should be wearing a mask are those who have flu-like symptoms, such as fever and cough, to prevent them from spreading illness to others.
- ♦ You can not get Swine Flu H1N1 from eating pork or pork products.

How can I protect myself from Swine Flu H1N1?

- ♦ Stay home from work, child care, school or public gatherings when you are sick with a fever and cough.
- ♦ Wash your hands often using soap, warm water, and paper towels, use a commercially available hand sanitizer if soap and water are not available.
- ♦ Keep your hands away from your nose, eyes and mouth.
- ♦ Cough into your sleeve or cover your mouth and nose with a tissue when you cough and sneeze. Dispose of tissues in a covered container and wash your hands.
- ♦ Stay away from people who are sick.

Why are Public Health Officials so concerned?

- ♦ Swine Flu H1N1 is a new virus and the flu shot people get each year does not prevent you from getting this type of influenza. This means that it has the potential to spread quickly in the U.S..

Where can I get more information about Swine Flu H1N1?

- ♦ Mason County Public Health Flu line 36-427-9670 ext 599
- ♦ www.cdc.gov
- ♦ www.doh.wa.gov