

HEALTH BULLETIN

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H1N1 INFLUENZA (Swine Flu)

Public health officials within the United States and throughout the world are investigating outbreaks of H1N1 influenza (swine flu). One portion of the H1N1 influenza (flu) virus seems to have come from swine or pig, but not fully associated with any pig or pig products. The viruses are not transmitted by eating pork or pork products. H1N1 flu (swine flu) causes respiratory illnesses that can spread from human to human.

The symptoms of H1N1 flu in people are similar to the symptoms of a regular flu in humans and may include: **fever, cough, sore throat, runny or stuffy nose, chills, headache, bodyaches and extreme fatigue.** These symptoms usually appear from 2 to 7 days after the contact of an infected person. Some people have reported diarrhea and vomiting with H1N1 flu. Severe illness, such as pneumonia and deaths have been reported with the H1N1 flu infection in people. Like seasonal flu, H1N1 flu may cause a worsening of underlying chronic medical conditions. Young children may not have typical symptoms, but may have difficulty in breathing and low activity. Most people who get H1N1 flu recover fully within 1-2 weeks.

There is no vaccine for H1N1 flu at this time. Fortunately, the H1N1 flu viruses isolated from patients in the United States are sensitive to two antiviral drugs, which can be used to treat patients with flu-like illnesses.

Because the current situation is likely to change, you can always get information at:

www.cdc.gov/swineflu
www.azdhs.gov

PARENTS AND CAREGIVERS

Wash Hands

Wash your hands frequently with soap and running water or alcohol based hand cleaners.

Keep Your Children Safe

Teach them proper hand washing and covering coughs and sneezes with a tissue or the inside of their elbow.

If Your Child is Sick

- ♦ Keep the child who is sick at home. Don't send them to school or daycare and keep the child away from family members who are not sick.
- ♦ Have them drink a lot of liquid (water, Pedialyte®, juice).
- ♦ Keep the sick child comfortable. Rest is important.
- ♦ For fever, sore throat, and muscle aches, you can use fever-reducing pills that your doctor recommends.
- ♦ **DO NOT** use aspirin with children or teenagers; it can cause a serious life-threatening illness.

If Your Child Shows Any of the Following Signs, Get Emergency Medical Care

- ♦ Can't get the fever down below 100°F.
- ♦ Fast breathing or trouble breathing.
- ♦ Bluish or gray skin color.
- ♦ Not waking up or not interacting.
- ♦ Unable to keep liquids down because of vomiting.
- ♦ Being so irritable that he/she does not want to be held or not drinking fluids.
- ♦ Not urinating or no tears when crying.
- ♦ Their symptoms improve but then return with fever and worse cough.



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