

The Flu

A Guide to Seasonal Flu and Novel H1N1 Flu

	Seasonal Influenza	Novel H1N1 Influenza
What is it?	<p>An infection of the nose, throat and lungs that is caused by influenza virus occurring usually in the winter months.</p> <p>Spread from person to person.</p>	<p>An infection of the nose, throat and lungs that is caused by influenza virus new to people potentially leading to increased illness.</p> <p>May infect the G.I. tract in addition to the respiratory tract.</p> <p>May happen at a different time of year than seasonal flu.</p> <p>Spread from person to person.</p>
What are the symptoms?	<p>Fever (usually high), fatigue, headache, dry cough, sore throat, runny/stuffy nose, sore muscles.</p> <p>Some, especially children, may also have stomach problems and diarrhea.</p> <p>Cough can last two or more weeks.</p>	<p>Similar to that of seasonal flu: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue</p> <p>May have diarrhea and vomiting.</p> <p>Also like seasonal flu, severe illnesses and death has occurred as a result of illness associated with this virus.</p>
How long can a sick person spread it to others?	<p>For healthy adults, from one day before getting sick up to five days after getting sick.</p> <p>This can be longer in children and those with underlying health issues.</p>	<p>Individuals can be infectious for 7 days from onset of illness, but are most infectious until 24 hours after fever has passed, usually 3 to 5 days.</p>
Besides vaccine, how else can I protect my family?	<p>Clean hands often.</p> <p>Cover coughs and sneezes.</p> <p>Keep hands away from face.</p> <p>Stay home when you are sick.</p> <p>Set a good example by doing this yourself.</p>	<p>Clean hands often.</p> <p>Cover coughs and sneezes.</p> <p>Keep hands away from face.</p> <p>Stay home when you are sick.</p> <p>Set a good example by doing this yourself.</p>
How do I treat it?	<p>Bed rest and liquids are usually enough.</p> <p>Acetaminophen (or other products that don't contain aspirin) can lessen fever and body aches.</p> <p>Aspirin—and other aspirin-containing products—should not be given to children with influenza.</p> <p>Some prescription drugs can reduce the severity of influenza in people at risk for serious infection, if taken early in the course of the illness.</p>	<p>Bed rest and liquids are usually enough.</p> <p>Acetaminophen (or other products that don't contain aspirin) can lessen fever and body aches.</p> <p>Aspirin—and other aspirin-containing products—should not be given to children with influenza.</p> <p>Some prescription drugs can reduce the severity of influenza in people at risk for serious infection, if taken early in the course of the illness.</p>

Seasonal Influenza

Novel H1N1 Influenza

<p>When should I take my child to the doctor or hospital?</p>	<p>Call or take your child to a doctor right away if he/she:</p> <ul style="list-style-type: none"> • Has a high fever or one that lasts a long time • Has trouble breathing or breathes fast • Has skin that looks blue • Seems confused, will not wake up, does not want to be held, or has seizures (uncontrolled shaking) • Gets better but then worse again • Has other conditions (like heart or lung disease, diabetes) that get worse 	<p>Call or take your child to a doctor right away if he/she:</p> <ul style="list-style-type: none"> • Has a high fever or one that lasts a long time • Has trouble breathing or breathes fast • Has skin that looks blue • Seems confused, will not wake up, does not want to be held, or has seizures (uncontrolled shaking) • Gets better but then worse again • Has other conditions (like heart or lung disease, diabetes) that get worse
<p>Who is most at risk?</p>	<ul style="list-style-type: none"> • Adults 65 years of age and older • Young children • Pregnant women • Persons with chronic medical conditions, such as asthma, diabetes, obesity, or heart disease • Persons who have a weakened immune system, such as from medications or HIV infection 	<ul style="list-style-type: none"> • Adults 65 years of age and older • Young children • Pregnant women • Persons with chronic medical conditions, such as asthma, diabetes, obesity, or heart disease • Persons who have a weakened immune system, such as from medications or HIV infection
<p>Is there a vaccine?</p>	<p>Yes. Flu shots can be given to all adults as well as children 6 months and older OR a nasal-spray vaccine can be given to healthy adults and children 2+ years old. This vaccine will NOT protect against Novel H1N1, but will protect against other flu viruses.</p> <p>Contact your healthcare provider for more information or www.fluaz.org.</p>	<p>There is no Novel H1N1 vaccine currently; however one is expected to be available by late fall of 2009.</p> <p>Treatment options may be available. Call your healthcare provider for more information.</p>
<p>Can you get sick from the vaccine?</p>	<p>No. The flu shot is made from killed influenza virus and can't give you flu; the nasal spray vaccine is made from weakened virus which is not strong enough to infect people.</p>	<p>The pending flu vaccine will be manufactured similar to the seasonal flu vaccine and won't give you the flu.</p>
<p>When can my family go back to work/school after being sick?</p>	<p>Keep individuals home until they have been fever free for at least 24 hours (without fever-reducing medication).</p>	<p>Keep individuals home until they have been fever free for at least 24 hours (without fever-reducing medication).</p>