

GET THE FACTS

# H1N1

Swine Flu

# Influenza

## What is H1N1?

Novel influenza A (H1N1), commonly referred to as swine flu, is a new influenza virus causing illness in people worldwide. It was first detected in humans in the United States in April 2009.

## How can I get H1N1 flu?

The virus is spreading from person-to-person in much the same way that regular seasonal flu viruses spread.

## What are the signs and symptoms of this virus in people?

The symptoms of novel H1N1 virus in people are similar to the symptoms of seasonal flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting.

## Is there a vaccine available to prevent novel H1N1?

Companies are currently working to have a vaccine for novel H1N1 ready this fall. The new vaccine could be available to certain high-risk groups by mid-October.

## What should I do to keep from getting the flu?

Wash your hands. Try not to touch surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.



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