

SAN JOAQUIN COUNTY

Public Health Services

Healthy Future

Swine Flu (H1N1 Influenza) Overview

What is Swine Flu and H1N1 Influenza?

- *Swine Flu (H1N1)* is a strain of influenza (flu) virus that causes respiratory disease that can spread between people. “H1N1” refers to the subtype of the influenza virus.
- There is also a *seasonal flu (H1N1)* strain that was quite active during February-March this year but it is very different from the swine flu (H1N1) strain.
- Swine Flu has its origins in pigs, but the virus has mixed with other viruses and has infected humans.

Swine Flu or H1N1 Influenza?

For purposes of risk communication, we are using the names synonymously

Is Swine Flu (H1N1 Influenza) Contagious?

- Yes.
 - Through contact with a person with swine flu
 - Through contact with infected pigs or environments contaminated with swine flu viruses
- Our primary concern at this time is human to human spread of swine flu in the same way as regular seasonal flu

What are the Signs and Symptoms?

Similar to the regular seasonal flu:

- ✓ Fever
- ✓ Cough
- ✓ Sore throat
- ✓ Body aches
- ✓ Headache
- ✓ Chills
- ✓ Fatigue
- ✓ Diarrhea and vomiting

How ill are people getting with Swine Flu?

- So far, confirmed cases in the U.S. have reported mild to moderate symptoms which are very similar to regular seasonal flu (less severe symptoms here than in Mexico).
- One two-year old child died in Texas - he was from Mexico.

How do you catch Swine Flu (H1N1 Influenza)?

- Through contact with a person who is ill with Swine Flu.
- Spreads mainly person to person through coughing or sneezing of infected people.

How do you catch Swine Flu (H1N1 Influenza)?

- People may become infected by touching something with the influenza virus on it and then touching their mouth or nose.
- Infected people can infect others beginning Day 1 before symptoms develop and up to 7 or more days after becoming sick.

Can I catch Swine Flu (H1N1 Influenza) through contact with “infected” objects or surfaces?

Influenza Virus Survivability:

- Survive longer outside the body in cold & dry weather
- Survive up to 24-48 hrs on hard surfaces such as stainless steel and plastic, but less than 8-12 hr on cloth, paper, and tissues
- Readily killed with common cleansers

Do I need to wear a surgical mask or a respirator?

- Surgical masks are **not** recommended for the general public at this time.
- Sick patients may be asked to wear a mask in an ER or clinic waiting room if they are coughing or sneezing.

Preventive Measures

- Wash your hands often (or use alcohol sanitizer), especially after you cough or sneeze.
- Cover your cough/sneeze with a tissue (or use your arm), and throw away the tissue.
- Avoid close contact with people who are sick or who have influenza-like symptoms.
- **If you are sick with influenza-like symptoms, stay home from work or school** and limit contact with others to keep from infecting them. Avoid touching your eyes, nose, or mouth because germs spread this way.

***Can Swine Flu* (Influenza H1N1) be treated?**

- ❖ Yes. Antiviral drugs are prescription medicines that fight against the flu by keeping influenza viruses from reproducing in your body (Tamiflu and Relenza).
- ❖ They work best if started within 2 days of becoming ill.

***Should Swine Flu* (Influenza H1N1) be treated?**

Only in certain situations.

- ❖ Most people recover without these medications.
- ❖ Medications should be only be used for people at higher risk of complications from influenza - e.g. very young or old, pregnant, diabetic, asthma, HIV+, etc.
 - ❖ There is a limited supply of these medications.
 - ❖ If used by too many people and too often, influenza viruses may develop resistance to these medications – then they won't work for the people who need them.

What is Public Health Services doing in response to Swine Flu (Influenza H1N1)?

- **Expanded surveillance:** hospitals and providers.
- Increased **Public Health Laboratory testing**
- **Health Advisories:** schools, hospitals, nursing homes, first responders, other institutions and agencies.
- **Public education/public information.**

Additional information

Websites:

- www.sjcphs.org
- www.bepreparedcalifornia.ca.gov
- http://www.cdc.gov/h1n1flu/#stay_healthy

Telephone Information

- San Joaquin County
Swine Flu (H1N1) Recorded Information
209-469-8200 (24/7), press 2# for English, press 3#
for Spanish
- California Department of Public Health Swine Flu
(H1N1) Hotline
888-865-0564.
(M-F) 7am to 6pm
(S-S) 8am to 4pm
- Public Health Services Swine Flu (H1N1Influenza)
Information & Referral Line 209-468-3882
(M-F) 8am to 5pm

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THANK YOU!