

For more information, visit:
www.wicomicohealth.org

www.cdc.gov/flu

or

Call 2-1-1, your local
H1N1 Resource Hotline



**Wicomico County
Health Department**
108 East Main Street
Salisbury, MD 21801
(410) 749-1244

www.wicomicohealth.org

**Seek emergency
medical care if
you become ill and
experience any of
these warning signs:**

ADULTS:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

CHILDREN:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but return with fever and worse cough
- Fever with a rash

H1N1 Influenza

PREVENTION TIPS



*Provided by the Wicomico
County Health Department*

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Frequently Asked Questions

What is H1N1 Influenza?

H1N1 Influenza is a viral respiratory disease, similar in symptoms to seasonal influenza.

Is it contagious? How does it spread?

The Centers for Disease Control (CDC) has determined that the virus is contagious and is spreading from person to person through coughing, sneezing or by touching something with flu virus on it and touching the mouth or nose.

What are the signs and symptoms?

Symptoms include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting. Like seasonal flu, H1N1 Influenza may cause worsening of underlying chronic medical conditions.

Are there medicines to treat H1N1 Influenza?

The CDC recommends the use of antiviral drugs for treatment and/or prevention of infection against the virus. Drugs work best if started within 2 days of onset of symptoms.

How long can an infected person spread infection to others?

People infected with H1N1 Influenza should be considered contagious for as long as they are symptomatic and possibly for up to 7 days following onset of symptoms.

Children, especially young children, may be contagious for longer periods.

Can I get H1N1 Influenza or swine flu from eating or preparing pork?

No. Swine influenza viruses are not spread by food. Eating properly handled, cooked pork products is safe.

How serious is H1N1 Influenza infection?

Like seasonal flu, infection can vary in severity from mild to severe. Refer to the warning signs on the back of this brochure for guidance on when to seek emergency medical care.

What should I do to keep from getting the flu?

Wash your hands and 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.

What Can You Do to Protect Yourself?

- ✓ Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- ✓ Wash your hands often with soap and water especially after you cough or sneeze. Always wash hands for at least 15 to 20 seconds. Alcohol-based hand cleaners are also effective.
- ✓ Avoid touching your eyes, nose or mouth.
- ✓ Avoid close contact with sick people.
- ✓ If you get sick with influenza, stay home from work or school and limit contact with others to keep from infecting them.

