



## **Information on H1N1 (Swine) Flu from Tulare County Department of Health**

### **What is H1N1 Flu?**

H1N1 Flu is a respiratory disease of pigs caused by type A influenza virus. The H1N1 virus regularly causes outbreaks in pigs but usually rarely affects humans.

### **What are the symptoms of H1N1 Flu?**

- Fever 100° or higher
- Chills
- Head and Body Aches
- Trouble breathing
- Cough
- Vomiting and/or Diarrhea

### **Why should you be concerned?**

The H1N1 Flu is a new flu virus and people have little or no immunity. If this new flu virus begins to spread easily person-to-person, it could sweep across the country and around the world in a very short time. At this time, we do not know how serious it will be or how long it will last. As more people become infected, the risk of exposure to the public becomes greater.

### **What should I do if I think I am sick?**

- If you have a fever of 100°F or higher, and have one of the symptoms listed above, call your doctor or medical provider. Your doctor may have you come in for an appointment and test you for influenza. Your physician will decide whether influenza antiviral treatment is needed.
- If you're sick - stay home from work or school.
- If you have flu symptoms and need to go to a medical appointment, use a surgical mask or cover your mouth and nose with a tissue when you sneeze or cough.
- If you are feeling sick, it's best to stay home from work or school, get plenty of rest and drink plenty of fluids. If your symptoms get worse, call your physician or medical provider.

### **What can I do to prevent getting sick?**

- Wash your hands with soap and hot water to get rid of germs and prevent the spread of disease, especially after coughing and sneezing. If you do not have soap and water, use a waterless hand gel with an alcohol base of at least 60%.
- Cover your mouth and nose with a tissue whenever you sneeze and cough. Throw the tissue away in a waste basket. If you do not have a tissue, sneeze or cough into the fold of your elbow, without using your hands.
- Avoid kissing or shaking hands when greeting people, and do not share food, drinks or utensils.
- Keep common areas clean; places such as kitchen counters, bathrooms, door handles, toys, telephones and other household items.

**For more information:** H1N1 flu information has been posted to the Tulare County Health & Human Services Agency web site: [www.tularehhsa.org](http://www.tularehhsa.org), or you can visit [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu).

For information by phone, call Tulare County Information Line at 1-800-834-7121. Additional information can also be obtained by calling the CDPH H1N1 Flu Hotline at 1-888-865-0564.