

# H1N1 FLU (SWINE FLU)

A Health Message from your Parish Nurse

Those at risk for complications from H1N1 Flu:

- Pregnant women
- Ages 6 months to 24 years
- Those between 25 & 64 with chronic medical conditions: asthma, lung disease, diabetes, heart disease
- Those with suppressed immune systems
- Healthcare/ER personnel & caregivers for those under 6 months
- People under the age 60 (they appear to have more complications than those over 60)

## WHAT IS H1N1/SWINE FLU?

- A new strain of flu with genes similar to those found in pigs, birds & humans
- A virus of quadruple threat & totally new characteristics in humans
- A new flu strain with unpredictability regarding level of seriousness and potential complications

In your effort to prevent the spread of the flu, limit physical interaction with others, but don't neglect the homebound. Maintain verbal contact with them to prevent social isolation from occurring.



## SIGNS & SYMPTOMS OF H1N1 FLU

- Fever
- Cough
- Sore throat
- Runny / stuffy nose
- Body aches
- Headache
- Chills
- Fatigue
- Sometimes:
  - Diarrhea
  - Vomiting

## TREATMENT OF SYMPTOMS

- Get lots of rest
- Drink plenty of liquids
- Avoid alcohol and tobacco
- Take medications to relieve symptoms:
  - For fever, anything without aspirin or steroids
  - For other symptoms, check with your doctor

## PREVENTION

- Get vaccinated for *both* the H1N1 and seasonal flu.
- Wash your hands with warm water and soap, especially after sneezing or coughing.
- Cough or sneeze into your sleeve or a tissue, and discard the tissue.
- Keep your hands away from the T-zone (eyes, mouth, and nose) to reduce the spread of germs.
- Stay home from work if sick.
- Do not make home or hospital visits if you feel ill. Compromised church members are susceptible to illness.



For More Information:

**Center for Disease Control**  
1.800.232.4636  
[www.cdc.gov/h1n1flu/](http://www.cdc.gov/h1n1flu/)

**US Dept. of Health & Human Services**  
[www.pandemicflu.gov](http://www.pandemicflu.gov)