

# The Flu

## A Guide to Seasonal Flu and Novel H1N1 Flu

	Seasonal Influenza	Novel H1N1 Influenza
<b>What is it?</b>	<p>An infection of the nose, throat and lungs that is caused by Influenza virus occurring usually in the winter months.</p> <p>Spreads from person to person.</p>	<p>An infection of the nose, throat and lungs that is caused by Influenza virus. This is a new virus to humans that has potential to cause increased illness.</p> <p>May infect the G.I. tract in addition to the respiratory tract.</p> <p>May happen at a different time of year than Seasonal Flu.</p>
<b>What are the symptoms?</b>	<p>Fever (usually high), fatigue, headache, dry cough, sore throat, runny/stuffy nose, sore muscles.</p> <p>Some, especially children, may also have stomach problems and diarrhea.</p> <p>Cough can last two or more weeks.</p>	<p>Similar to that of Seasonal Flu: Fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue.</p> <p>May have diarrhea and vomiting.</p> <p>And as with Seasonal Flu, severe illnesses and death has occurred as a result of illness associated with this virus.</p>
<b>How long can a sick person spread it to others?</b>	<p>For healthy adults, from one day <b>before</b> getting sick up to five days <b>after</b> getting sick.</p> <p>This can be longer in children and those with underlying health issues.</p>	<p>Individuals can be infectious for <b>7 days</b> from onset of illness, but are most infectious until 24 hours after fever has passed, usually 3 to 5 days.</p>
<b>Besides vaccine, how else can I protect my family?</b>	<p>Clean hands often.</p> <p>Cover coughs and sneezes.</p> <p>Keep hands away from face.</p> <p>Stay home when you are sick.</p> <p>Set a good example by doing this yourself.</p>	<p>Clean hands often.</p> <p>Cover coughs and sneezes.</p> <p>Keep hands away from face.</p> <p>Stay home when you are sick.</p> <p>Set a good example by doing this yourself.</p>
<b>How do I treat it?</b>	<p>Bed rest and liquids are usually enough.</p> <p>Acetaminophen (or other products that don't contain aspirin) can reduce fever and body aches.</p> <p>Aspirin—and other aspirin-containing products—<b>should not</b> be given to children with Influenza.</p> <p>If taken early in the course of the illness, some prescription drugs can reduce the severity of Influenza in people at high risk for serious infection.</p>	<p>Bed rest and liquids are usually enough.</p> <p>Acetaminophen (or other products that don't contain aspirin) can reduce fever and body aches.</p> <p>Aspirin—and other aspirin-containing products—should not be given to children with Influenza.</p> <p>If taken early in the course of the illness, some prescription drugs can reduce the severity of Influenza in people at high risk for serious infection.</p>

## Seasonal Influenza

## Novel H1N1 Influenza

<p><b>When should I take my child to the doctor or hospital?</b></p>	<p>Call or take your child to a doctor right away if he/she:</p> <ul style="list-style-type: none"> <li>• Has a high fever or one that lasts a long time</li> <li>• Has trouble breathing or breathes fast</li> <li>• Has skin that looks blue</li> <li>• Seems confused, will not wake up, does not want to be held, or has seizures (uncontrolled shaking)</li> <li>• Gets better but then worsens</li> <li>• Has other conditions (like heart or lung disease, diabetes) that get worse with this illness</li> </ul>	<p>Call or take your child to a doctor right away if he/she:</p> <ul style="list-style-type: none"> <li>• Has a high fever or one that lasts a long time</li> <li>• Has trouble breathing or breathes fast</li> <li>• Has skin that looks blue</li> <li>• Seems confused, will not wake up, does not want to be held, or has seizures (uncontrolled shaking)</li> <li>• Gets better but then worsens</li> <li>• Has other conditions (like heart or lung disease, diabetes) that get worse with this illness</li> </ul>
<p><b>Who is most at risk?</b></p>	<ul style="list-style-type: none"> <li>• Adults 65 years of age and older</li> <li>• Young children</li> <li>• Pregnant women</li> <li>• Persons with chronic medical conditions, such as asthma, diabetes, obesity, or heart disease</li> <li>• Persons who have a weakened immune system, such as from medications or HIV infection</li> </ul>	<ul style="list-style-type: none"> <li>• Pregnant women</li> <li>• Young children</li> <li>• Persons with chronic medical conditions, such as asthma, diabetes, obesity, or heart disease</li> <li>• Persons who have a weakened immune system, such as from medications or HIV infection</li> </ul>
<p><b>Is there a vaccine?</b></p>	<p><b>Yes.</b> Flu shots can be given to all adults as well as children 6 months and older <b>OR</b> a nasal-spray vaccine can be given to healthy adults and children 2+ years old. This vaccine will <b>NOT</b> protect against Novel H1N1, but will protect against other Flu viruses.</p> <p>Contact your healthcare provider for more information or <a href="http://www.fluaz.org">www.fluaz.org</a>.</p>	<p>A Novel H1N1 vaccine is expected to be available by late fall of 2009.</p> <p>Treatment options may be available. Call your healthcare provider for more information or at <a href="http://www.fluaz.org">www.fluaz.org</a>.</p>
<p><b>Can you get sick from the vaccine?</b></p>	<p><b>No.</b> The Flu shot is made from dead Influenza virus and <b>can't</b> give you Flu. The nasal spray vaccine is made from weakened virus which is not strong enough to infect people.</p>	<p>The pending Flu vaccine will be manufactured similar to the Seasonal Flu vaccine and <b>will not</b> give you the Flu.</p>
<p><b>When can my family go back to work/school after being sick?</b></p>	<p>Keep individuals home until they have been fever free for at least 24 hours (without fever-reducing medication).</p>	<p>Keep individuals home until they have been fever free for at least 24 hours (without fever-reducing medication).</p>

