

Pandemic Influenza

Swine Flu

(H1N1)

Questions and Answers

Q) What is Pandemic Influenza?

A) A global influenza outbreak.

- Caused by a new or novel flu virus.
- Disease can occur anytime of the year.
- With new virus strain few or no people are immune.
- Causes widespread illness in every part of the world.

Q) What is H1N1?

A) A new strain of flu that was newly identified in April 2009.

Q) Will my annual flu shot protect me from the H1N1

A) No, this is a new strain of flu and your annual flu shot will not protect you. The vaccine for H1N1 will not be ready for distribution until October.

Q) How is the influenza transmitted?

A) Person to person transmission by droplet infection from respiratory secretions of an ill person uncovered cough or sneeze touching infected droplets on hard surfaces then touching your mouth or nose

Q) What age group is more likely to contract the disease?

A) Younger age groups Median age US – 12 years. Older adults > age 60 may have some immunity.

Q) What are the Symptoms of H1N1?

A) Fever over 100 or greater and often associated with respiratory symptoms, cough, and sore throat. Other symptoms may include: runny nose, fatigue, muscle aches, headache, congestion, vomiting, and diarrhea.

Q) What precautions can be taken to help prevent contacting the flu?

A) Educating your family in proper hygiene. Hand Washing, Covering their mouth when coughing or sneezing. Do not share food or drinks.

Q) Where can I receive additional information on the flu?

A) You may contact the following.

- 1) CDC www.cdc.gov/h1n1flu/**
- 2) NYSDOH www.health.nysed.gov/swine-flu-info.html**
- 3) SED <http://usny.gov/swine-flu-info.html>**

NYS H1N1 Hotline 1-800-808-1987