

Su Familia

*The National Hispanic
Family Health Helpline*

1-866-783-2645

SuFamilia@hispanichealth.org

Influenza A/H1N1

What is influenza A/H1N1?

Influenza A/H1N1 is a highly contagious respiratory disease caused by a combination of different viruses. The influenza spreads easily from person to person and in some cases it has been fatal. Recent cases in the United States have been less severe than in other parts of the world.

How does influenza A/H1N1 spread?

The influenza A/H1N1 spreads through human-to-human contact. Specifically, a person with the flu can spread the virus through coughing or sneezing. Touching something with flu viruses on it and then touching one's mouth or nose is another way the virus may be spread.

It is safe to eat pork because you do not get it from eating pork or pork products.

What are the symptoms of influenza A/H1N1?

Symptoms of influenza A/H1N1 are similar to the common seasonal flu.

Symptoms include:

- High fever above 100° F or 37.8° C
- Sore throat
- Cough
- Body aches
- Lethargy
- Runny or stuffy nose

In some cases symptoms also include:

- Vomiting
- Diarrhea

How is it treated?

The infection is treated with certain anti-viral medications that make the disease milder. Treatment is more effective if started within the first 48 hours after the onset of symptoms.

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How can I protect myself?

There is no vaccine available right now to protect against influenza A/H1N1. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these simple steps to protect your health:

- 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. After you cough or sneeze wash your hands with soap and warm water for 15 to 20 seconds. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with people who have the flu.
- If you get sick with influenza, stay home from work or school and limit contact with others to keep from infecting them.

What should I do if I feel sick?

If you feel sick, talk to your health care provider about the symptoms you are experiencing. Laboratory tests are needed to diagnose an individual with influenza A/H1N1. You should stay at home and avoid contact with other people as much as possible to keep from spreading your illness to others. If you live in areas where influenza A/H1N1 cases have been identified and become ill with influenza-like symptoms, contact your health care provider immediately. Your health care provider will let you know if influenza testing or treatment is needed.

Resources

The National Alliance for Hispanic Health

Su Familia: The National Hispanic Family Health Helpline

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<http://www.hispanichealth.org>

Centers for Disease Control and Prevention (CDC)

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