



INFLUENZA



INFLUENZA



THE PEOPLE AT HIGHER RISK ARE:

- The Children younger than 2 years of age,
- Pregnant women,
- Adults 65 years and older, and
- People with pre-existing health conditions like:
Diabetes, Heart disease, Asthma, Emphysema, and with Compromise immune system.

THE COLD, FLU AND H1N1 SYMPTOMS ARE:

They can be hard to tell apart. Stuffy or a runny nose, sneezing, and sore throat, are cold symptoms.

Headache, fever, aches, extreme tiredness, dry cough, and weakness are Flu symptoms. Sometimes flu like symptoms and cold symptoms can be the same. The hallmark of the flu is that symptoms tend to be more intense and start suddenly.

The symptoms of the influenza H1N1 and seasonal influenza are: Fever, Coughing, Sore throat, Nasal congestion, Headache, Muscle pain, Fatigue, Chills, Diarrhea, and in some cases, vomits.

GET WELL!

If you have a fever accompanied by some other symptom of the influenza, please stay at home to get well, and to don't transmit the virus. To recover, you need rest, have plenty of liquids, and over the counter flu medicine to reduce the symptoms to be more comfortable. Ask to your doctor what medication is better for your case.

On April 2009 the emergence of the H1N1 virus, also called Swine Flu, caused waves of information and worldwide panic caused by fear of a pandemic. The Public Health Department prevention measures and the H1N1 mass immunizations have been successful and contributed to the end of a second wave; however, the influenza is an unpredictable virus, and despite our best efforts, there may be a resurgence of the H1N1 virus. According to the California Department of Public Health CDPH, press release issued on April 2010, more than half of Californians are still at risk for H1N1.

WHAT ARE THE DIFFERENCES BETWEEN SEASONAL FLU AND H1N1 SWINE FLU?

The seasonal influenza happens every year. The Flu is a contagious diseases caused by respiratory viruses that mutate from year to year. The H1N1 Swine flu is one more strain of flu. Both are respiratory diseases caused by the virus of influenza, but are caused by different viruses. They share similar symptoms but have differences that mark the lightness or severity of the disease. Because the influenza H1N1 virus is a new virus from which the majority of people have little or no immunity, more people cannot fight it, get sick, and begin to spread the disease. This new influenza H1N1 seems as contagious as the seasonal influenza and is spreads quickly among young people (10 to 45 years) and has caused serious complications in pregnant women. Among the more severe cases that are hospitalized, more than half are individuals from groups that are most susceptible to the virus, such as children six months and older, young adults, their parents, and people with a weak immune system.

The flu and the H1N1 Swine flu, both are very contagious respiratory diseases. The virus is transmitted from person to person through coughing or sneezing. Sometimes people may become infected by touching a surface, or object with flu viruses on it, and then touching their mouth or nose.

The majority of those who contract the virus present slight symptoms and recover without the need for antiviral treatment or medical attention. The severity of the disease varies between slight symptoms to serious complications that can lead to death.

Some people are more at high risk for complications from influenza, and must consult with a doctor when any symptoms of influenza occur.

WHEN IS AN EMERGENCY?

Get immediate medical care for any of these symptoms:

- Difficulty breathing or chest pain
- Seizures (for example, uncontrolled convulsions)
- Purple or blue discoloration of the lips
- Less responsive than normal or becomes confused
- Vomiting and unable to keep liquids down



- Signs of dehydration such as dizziness when standing, absence of urination, or in infants, a lack of tears when they cry.



BE CAREFUL WITH THE MEDICATIONS

DOES MEDICATION EXIST AGAINST INFLUENZA?

The antiviral medicines are made to alleviate the symptoms of influenza, but they require medical prescription. If you are sick, ask your health provider if you need to take antiviral medicine.

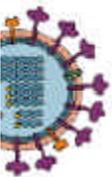


DO NOT SELF MEDICATE!

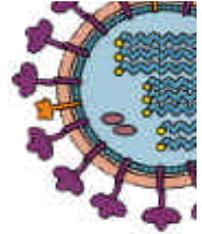
Some over-the-counter (OTC) may help with symptoms. Decongestants can help unclog a stuffy nose. Expectorants help loosen mucus. Cough suppressants and some antihistamines may help quiet an annoying cough. Ask your health provider what he or she recommends.

IMPORTANT!

The FDA strongly recommends that OTC cough and cold products should not be used for infants and children under 4 years of age because serious and potentially life-threatening side effects could



occur. Do not give children medications labeled only for adults. Talk to your healthcare professional if you have any questions about using cough or cold medicines in children.



IS THE USE OF MASK NECESSARY?

The CDC recommends the use of facemasks for people that are at high risk of becoming seriously ill when the H1N1 is present, or when this person is taking care of a patient with influenza. It is also recommended for people

who have symptoms of influenza, to prevent the spreading the virus.

WARNING! Do not give aspirin®, or any medication mentioning: “acetylsalicylic acid” to children or teenagers who have the flu; this may cause a rare, but serious illness called Reye’s syndrome.



AVOID UNNECESSARY ANTIBIOTICS.

Antibiotics do not help to relieve the influenza. Antibiotics are not effective against viral infections like the common cold, most sore throats, and the flu.

Antibiotics should be ONLY used to treat bacterial infections. Sometimes viral infections can cause bacterial infections. Only your doctor can decide if you need to be on antibiotics. The widespread use of antibiotic promotes development of antibiotic-resistant bacteria. Every time a person takes antibiotics, sensitive bacteria are killed, but resistant germs may be left to grow and multiply.

THE STEPS ARE:

It is important to take important steps to protect your and your love one's health, and to prevent the spread of the virus.

- Wash your hands frequently with soap and water, or use an alcohol-based hand sanitizer
- Cover your mouth with a tissue or with your elbow, when coughing or sneezing
- Avoid touching your eyes, nose, and mouth
- Avoid contact with people that could have the flu
- Get vaccinated against both, the seasonal flu and the H1N1



IT'S NOT TOO LATE TO PROTECT YOURSELF AGAINST H1N1!

Flu prevention measures and early vaccination Are the Best ways to be safe from the H1N1 virus!

Every year in the United States a vaccine against seasonal influenza has been applied and requires that people get vaccinated as soon as the vaccine is available. It is important to remember that children nine and under need two doses of the H1N1 vaccine, and it takes 10 days for it to become effective

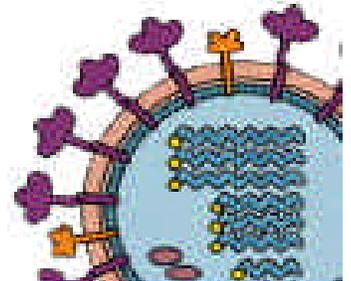
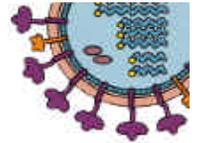
Who should receive the H1N1 vaccine?

- Pregnant women
- People who live with or care for children younger than 6 months of age
- Healthcare and emergency medical services personnel
- Persons between the ages of 6 months and 24 years old
- People older of 25 years with chronic health illness, or compromised immune systems.

Who should receive the vaccine against seasonal influenza?

- Children aged 6 months up to 18 years
- Pregnant women
- People 50 years of age and older
- People of any age with certain chronic medical conditions
- Healthcare and emergency medical services personnel
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from flu, including children less than 6 months of age, who are too young to be vaccinated.

As long as the virus remains in our community, vaccination is the best prevention. The County has H1N1 vaccine available at six public health centers. Contact your primary doctor, or visit the nearest community clinic, county health department, or call 211, or log on: www.flucliniclocator.org



THE
FLU & YOU

H1N1

STOP THE SPREAD OF GERMS THAT MAKE YOU SICK



**GET
VACCINATED**



**COVER YOUR
COUGH**



**WASH YOUR
HANDS**



**STAY HOME
IF YOU ARE SICK**

COUNTY OF SAN DIEGO
HHSA
HEALTH AND HUMAN SERVICES AGENCY



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