

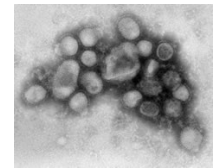


H1N1 (SWINE) FLU

Spread The Truth

What is Novel H1N1 (Swine) Flu?

- Novel H1N1 is a **NEW** influenza **VIRUS** that causes people to get sick



- At this time, flu symptoms are similar to seasonal influenza experienced each year
- Because it's new, many people have **LITTLE OR NO IMMUNITY** to it
- The virus has a mixture of genes from swine, bird, and human influenza viruses

H1N1 Flu Symptoms

- ❑ Fever (above 100 degrees F)
- ❑ Cough
- ❑ Sore Throat
- ❑ Runny or Stuffy Nose
- ❑ Body Aches
- ❑ Headache
- ❑ Chills
- ❑ Fatigue
- ❑ Diarrhea & Vomiting (**serious signs / not normal**)
- ❑ Severe illness and death are possible



H1N1 Characteristics



- The virus is passed to others through contact with infected respiratory droplets caused by coughing or sneezing
- Adults are contagious beginning 1 day before the onset of symptoms and up to 24 hours after their fever has subsided (without taking fever reducing medicines such as Acetaminophen and Ibuprofen)
- The virus can live on hard surfaces from **2-8 hours**.

Flu Prevention



- Wash hands frequently and vigorously for at least 20 seconds (sing the happy birthday song twice in your head)

- Use **alcohol based** hand sanitizers (60-95% alcohol) only when soap and water are not available
 - **follow up by washing hands with soap and water as soon as possible**

- Avoid touching your eyes, nose, or mouth

- Avoid close contact with infected or sick individuals

Helping Others Remain Healthy When You're Sick

- **Stay home** from work until 24 hours after your fever has subsided **WITHOUT** taking fever reducing medicines such as Acetaminophen and Ibuprofen
- Avoid contact with others (**avoid public places / stay home**)



Helping Others Remain Healthy When You're Sick (cont'd)

□ Cough and Sneeze Etiquette



- Cover your mouth and nose with a tissue when you cough or sneeze and throw used tissues away promptly after use **then** wash hands with soap and water immediately
- Cough or sneeze into the bend of your arm (**not into your hands**) when tissues are not available

H1N1 Frequently Asked Questions



- Should I go to the Emergency Room with the onset of flu symptoms?
 - **The Pennsylvania Department of Health says no.** The current recommendation is for you to call your family doctor if you or a loved one begins to experience flu-like symptoms. Currently, the available treatment is for your doctor to prescribe a course of antiviral drugs. The drugs can shorten the duration of illness and decrease the severity of symptoms. There is no vaccine available for the H1N1 virus at this time.

H1N1 Frequently Asked Questions

□ Is there a risk from drinking water?

- **According to the CDC website the answer is no.** Tap water that has been treated by conventional disinfection processes does not likely pose a risk for transmission of influenza viruses. Current drinking water treatment regulations provide a high degree of protection from viruses.



Urgent Warning Signs For Children

□ If your child begins to exhibit the following signs in addition to common flu symptoms, **urgent medical attention is needed**

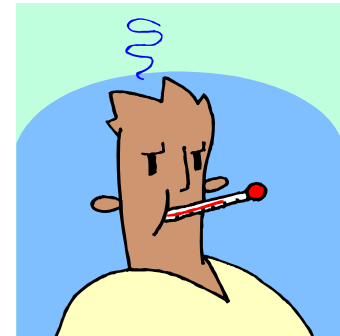
- Fast and/or labored breathing
- Bluish or gray skin color
- Severe or persistent vomiting
- Not waking up or not interacting



Urgent Warning Signs For Adults

- If you or an adult loved one begins to exhibit the following signs in addition to common flu symptoms, **urgent medical attention is needed**

- Difficulty Breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Confusion
- Severe or persistent vomiting



Cleaning For H1N1

- The following are examples of **“Hard Surface”** items you’ll find at work and home that require vigilance to keep clean **(this list is not exhaustive)**

Common	Office	Home
Light Switches	Keyboards	Refrigerator Handle
Door Knobs	Mouse	Cupboard Handles
Remote Controls	Copiers/Printers	Coffee Tables
Faucets	Fax Machines	End Tables
Toilet Handles	Vending Machines	Night Stands
Telephones	Desk Tops	Counter Tops
Pens	Drinking Fountains	Toys

What Kills The H1N1 Virus?

- Chlorine bleach
 - (1:10 mixture)
 - Add 1 and ½ cups bleach to a gallon of water
 - **WARNING: Combining chlorine bleach and ammonia cleaners can be harmful, resulting in serious injury or death**
- Detergents (soap)
- Iodophors (Iodine based antiseptics)
- Alcohols



Other Household Items & H1N1

- When used by an infected person, care should be taken handling:
 - linens
 - eating utensils
 - dishes
- Items should not be shared
- Items don't need to be washed separately
- Linens should be laundered as usual and tumble dried on a hot setting
- Avoid “hugging” dirty laundry



DISCLAIMER



- This PowerPoint presentation contains Novel H1N1 universal precautions and general recommendations from the Centers for Disease Control and Prevention and the Pennsylvania Department of Health. If you have further questions, try visiting one of these websites or call your family doctor today.

- www.cdc.gov
- www.pandemicflu.gov
- <http://www.h1n1inpa.com/>
- www.ready-york.org
- www.yammrs.org