

H1N1 Flu (Swine Flu)

What is it?

- **H1N1**- flu virus that is causing illness in infected persons in the US and world
- **Swine Flu**- is a respiratory disease of pigs caused by a type of flu virus, is spread by coughing, sneezing or unclean hands

Signs and Symptoms:

- **H1N1 Symptoms**- fever, cough, sore throat, body aches, headache, chill, fatigue and runny/stuffy nose, some have diarrhea and vomiting
- **Warning Signs**- SOB/shortness of breath or difficulty breathing, sudden dizziness, confusion, vomiting, pain/pressure in the chest or abdomen, fever cough, lethargy, lack of appetite, diarrhea
 - **Children**- trouble/fast breathing, irritable, not drinking enough fluids, bluish/gray skin, vomiting, not interacting or waking up, fever, cough



Recommendations:

- **Avoid**- giving aspirin to anyone 18 or younger due to Reye's syndrome

Facts:

- **High Risk**- people over age 65, pregnant women, children under 5, people with those taking immunosuppressive medications (HIV, Lupus)
- **Preventive** – cover mouth when sneeze, wash hands, alcohol based hand cleaners/sanitizers, stay home if sick, avoid close contact with sick people, avoid touching eyes, nose, and mouth
- **Pork Products**- it is safe to eat properly cooked pork and pork products, swine flu viruses are no spread by food, you can't get swine flu from eating pork or pork products

What can I do?

- **See your Health Care Provider**- for flu testing or treatment as needed, antiviral drugs, H1N1 flu virus
- **See a Registered Dietitian**- for help as needed, increase fluids as tolerated- popsicles, water, apple juice, grape juice, broths, gelatin

