

**What is H1N1 flu?**

H1N1 swine flu is a respiratory disease caused by type A influenza viruses in pigs. People do not normally get H1N1 flu, but human infections can and have happened.

Is H1N1 flu contagious?

The Center for Disease Control (CDC) has determined that the H1N1 flu virus is contagious and is spreading from human to human. It is not known how easily the virus can spread. You cannot get H1N1 flu from eating pork or pork products.

What are the signs and symptoms of H1N1 flu in humans?

- Fever, sore throat, headache
- Fatigue, vomiting, cough
- Body aches, chills, diarrhea

How does H1N1 flu spread?

Like seasonal flu, H1N1 flu virus is spread person to person by an infected person's coughing and/or sneezing. People may become sick by touching something with flu viruses on it and then touching their mouth or nose.

What can you do to keep from getting H1N1 flu?

- Wash hands frequently with soap and water
- Maintain general good health
- Get plenty of rest
- Avoid touching eyes, nose or mouth
- Avoid contact with sick people

What do you do if you get sick?

- Do not go to work or school
- Do not travel when ill
- Avoid contact with other people as much as possible
- Cover your mouth and nose when coughing/sneezing
- Wash hands with soap and water frequently
- Contact your healthcare provider

For more information, call the Center for Disease Control (CDC) at 800-CDC-INFO (800) 232-4636 or visit www.cdc.gov/h1n1flu



Seasonal Flu and the Seasonal Flu Vaccine

About the Seasonal Flu:

Influenza is a viral infection of the nose, throat, bronchial tubes and lungs that can make someone of ANY age ill. Flu season in the U.S. is typically November to April.

Seasonal flu symptoms include fever, chills, soreness and achiness in back, arms and legs. You may be bedridden for a few days and people with serious illness may require hospitalization. Thousands die each year from flu and related complications. Seasonal flu is different from H1N1 flu, but the symptoms can be similar. It is important to have a seasonal flu shot.

About the Seasonal Flu Shot:

Each year there is a new strain of flu. For protection against the current season's strains, the Centers for Disease Control (CDC) recommends annual vaccination.

The vaccine begins to provide protection approximately 1-2 weeks after the shot is given. The shot will not protect you against other illnesses that resemble the flu. The flu vaccine cannot give you the flu – it is made from killed viruses.

Who Should Get a Flu Shot?

- The Center for Disease Control (CDC) recommends that children, 6 months and older, should get a seasonal flu shot.
- In New Jersey, children 6 months to 59 months (4 years and 9 months), enrolled in day care or pre-school are required by law to receive a flu shot.
- Pregnant women
- People 50 years of age and older
- People of any age with certain chronic medical conditions
- 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:
 - Health care workers
 - Household contacts of persons at high risk for complications from the flu
 - Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)



Who Should Not Get a Flu Shot?

Talk with a doctor before getting a flu shot if you:

- Have ever had a severe allergic reaction to eggs or to a previous flu shot **or**
- Have a history of [Guillain-Barré syndrome](#) (GBS).

If you are sick with a fever when you go to get your flu shot, you should talk to your doctor or nurse about getting your shot at a later date. However, you can get a flu shot at the same time you have a respiratory illness without fever or if you have another mild illness.

What Side Effects/Adverse Reactions May Occur and What to Do:

- Fever, malaise, myalgia & other systemic symptoms occur most frequently in people who have had no exposure to the flu virus antigens in the vaccine. Reactions begin 6-12 hours after vaccination and can persist for 1-2 days.
- Soreness at the injection site- apply ice to the affected area.
- Fever, achiness and/or headache – if you do not improve in 24-48 hours contact your health care provider.