

Novel H1N1 Influenza (Swine Flu): Questions and Answers

Cayuga County Health Department

What is novel H1N1 (swine) flu?

Novel H1N1 is a new influenza A virus that is transmitted by person-to-person contact.

What are the symptoms of H1N1?

H1N1 causes similar illness as seasonal flu. The main symptoms are having a temperature over 100° F and a cough or sore throat. Other symptoms may also include headache, body aches, tiredness, runny or stuffy nose, diarrhea, and vomiting. In many cases, the symptoms are mild and last only a few days.

How does H1N1 spread?

H1N1 can spread from person-to-person mainly by coughing or sneezing. Also, touching something with flu viruses on it and then touching their mouth or nose may infect people. Infected people may be able to infect others **one day before symptoms develop and up to five or more days after they become sick.**

What can I do to protect myself?

- Get an H1N1 shot once it becomes available. Also, get a seasonal flu shot.
- Avoid close contact with anyone who is sick with the flu.
- Wash your hands often with warm soap and water, especially after you cough or sneeze. You can also use alcohol-based hand cleaners.
- Consider limiting personal contact such as handshaking, hugging, and kissing.



What should I do if I get sick?

- If you are sick, you should stay at home. Do not get close to other people. This will help limit the spread of the virus to others.
- Stay at home until you are free of fever for at least 24 hours without the use of fever-control medicine.



- Most people who get H1N1 do not need any antiviral medication. However, if you have asthma, heart disease, diabetes, or other medical problems, **CALL** your health care provider for guidance.
- If your flu symptoms continue or become worse, contact your health care provider for guidance.
- Do **NOT** go to the emergency room or urgent care facility with **mild** illness.

For more information visit
www.cayugacounty.us/hhs/doh

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