

Novel H1N1 (swine) Flu

FACT SHEET

- The State of North Carolina has entered a heightened surveillance stage resulting from the presence of the Novel H1N1 (swine) Flu virus which is making people sick in the US and in other countries around the world.
- The first case has been traced to Mexico; however, this is not a matter of immigration, race, ethnicity or culture – it is a matter of public health. The flu is not spread by contact with people of Mexican origin; it is spread by contact with people who have the flu.
- There is no vaccine for this type of flu. The seasonal flu vaccine does not protect against Novel H1N1 Flu. A vaccine will probably not be available until September 2009 at the earliest.
- Even though most cases of Novel H1N1 Flu in the United States at this time involve only mild illness, flu spreads easily.
- Novel H1N1 Flu symptoms include:
 - fever (over 100 degrees F.)
 - cough
 - sore throat
 - stuffy nose
 - chills
 - headache
 - body aches
 - fatigue
 - vomiting and diarrhea may also occur
- Anyone with flu-like symptoms and fever should contact their physician. Call first to avoid unnecessary contact with others.
- There is no evidence that Novel H1N1 (swine) Flu can be transmitted through food. You cannot get swine flu from eating pork or pork products.
- There are things you can do to prevent the spread of germs:
 - o Wash your hands and teach children to wash hands frequently with soap and water for 20 seconds (about as long as it takes to sing the “Happy Birthday” song twice.)
 - o When soap and water is not available, use hand sanitizer gels and hand wipes that contain at least 60% alcohol.
 - o Cover coughs and sneezes with tissues or cough into the inside of the elbow.
 - o Dispose of used tissues properly and always wash your hands after using a tissue.
 - o If you are sick, stay home and avoid close contact with others as much as possible.
- Seasonal flu and Novel H1N1 Flu can be treated with antiviral medications which are available from the physician.

This is an evolving situation. The Henderson County Department of Public Health is receiving information on a regular basis from the State Division of Public Health. You may also get information at www.cdc.gov/h1n1flu, www.ncpublichealth.com, and www.ncpanflu.gov. North Carolina has set up a toll-free CARE LINE, to get answers to questions about Novel H1N1 Flu. The CARE LINE number is **1-800-662-7030**.