

H1N1 FLU INFORMATION

1. ***What is H1N1 Influenza A
(formerly known as swine flu)***

It is a respiratory disease caused by the H1N1 Influenza A virus that causes regular outbreaks in pigs. People do not normally get this infection, but human infections can and do happen. H1N1 Influenza A viruses have recently been reported to spread from person-to-person with an outbreak that appears to have started in Mexico, with cases now in the US and Canada and recently in the Atlanta metropolitan area.

2. ***What is a “suspected” case?***

A suspected case is: A person with an acute febrile respiratory illness with onset --

- Within 7 days of close contact with a person who is a confirmed case of H1N1 influenza A, or
- Within 7 days of travel to a community (USA or internationally) where there are one or more confirmed cases of H1N1 Influenza A, or
- Resides in a community where there are one or more confirmed cases of H1N1 influenza A infection

3. ***Who is at highest risk?***

Unlike seasonal flu, the infected people experiencing the highest risk are children and young adults. **Pregnant women (particularly those in the third trimester) and infants are at very high risk of influenza related complications.**

4. ***What can you do?***

- Report the symptoms of influenza or close exposure to persons with influenza to your physician immediately. Our office will call out a prescription such as Tamiflu or other medications which are safe for women who are pregnant.
- Use frequent hand washing and avoid contact with sick individuals.
- If a family member has flu-like symptoms, pregnant women should try to arrange for another person to care for those who are sick.

5. ***H1N1 Influenza Possible Symptoms:***

- **Typical acute respiratory influenza-like illness (e.g., cough, sore throat, runny nose and fever).**
- Other symptoms can include **body aches, headache, fatigue, vomiting and diarrhea.**

6. ***H1N1 preventative vaccine is not yet available.*** The CDC expects to release the vaccine sometime in October. The vaccine will be free to all (healthcare workers and high risk patients will receive the vaccine first when it is available). You will only be charged a small fee for administering the vaccine.