



FACTS

about H1N1 (swine) Flu

for Diabetics



**Don't Get the Flu.
Don't Spread the Flu.**

H1N1 (swine) flu is a new strain of influenza that is spread from person-to-person through close contact with sick individuals or from contaminated surfaces (doorknobs, handrails, phones, etc). Diabetes can affect your immune system's ability to fight off infections, such as influenza. This information is the most current, but can also change.

PROTECT YOURSELF AND YOUR FAMILY FROM H1N1 INFECTION

- **Get vaccinated.** There is a seasonal flu and an H1N1 (swine) flu vaccine. Get both. Those with HIV infection should only receive the flu shot, not the FluMist nasal spray.
- **Monitor your blood glucose closely if you get sick.** Being sick by itself can raise your blood glucose. Moreover, illness can prevent you from eating properly, which further affects blood glucose. Test your blood glucose every four hours, and keep track of the results.
- **Eat normally and drink extra fluids.** If you can't eat normally, try soft foods and liquids containing the same amount of carbohydrates that you usually consume.
- **Wash your hands.** Use soap and water for more than 20 seconds or use hand sanitizer.
- **Avoid contact with those you know to be sick.**
- **Avoid touching your eyes, nose, or mouth.**
- **Cover your cough.** Use a tissue (which you throw away), your sleeve or elbow, then wash your hands.
- **Stay home if you feel sick.** Do not return to work or school until you are fever free for at least 24 hours without the use of fever-reducing medication.
- **Develop a family emergency plan.** Know where your children can stay if you are sick or if their school is closed and you must continue to work.
- **Consult your doctor if you get sick.** Treatment with antivirals within 48 hours should be considered for people with underlying health conditions that have suspected or confirmed influenza or that have been exposed. If you exhibit any of the warning signs (listed below), seek care immediately.
- **Continue taking your medications.** Don't stop taking them even if you can't eat. Your health care provider may even advise you to take more insulin during sickness.

SYMPTOMS OF H1N1 (SWINE) FLU ARE FEVER (>100 DEGREES F) AND COUGH AND/OR SORE THROAT, BUT CAN ALSO INCLUDE:

✓ Body aches ✓ Chills ✓ Headache ✓ Runny nose ✓ Vomiting ✓ Diarrhea

CONTACT YOUR DOCTOR IMMEDIATELY OR SEEK MEDICAL CARE IF YOU EXPERIENCE THESE WARNING SIGNS:

CHILDREN

- ✓ Fast breathing or trouble breathing
- ✓ Bluish or gray skin color
- ✓ Not drinking enough fluids
- ✓ Severe or persistent vomiting
- ✓ Not waking up or not interacting
- ✓ Being so irritable that the child does not want to be held
- ✓ Symptoms improve, but then return with fever and worse cough

ADULTS

- ✓ Difficulty breathing or shortness of breath
- ✓ Pain or pressure in the chest or abdomen
- ✓ Sudden dizziness
- ✓ Confusion
- ✓ Severe or persistent vomiting
- ✓ Symptoms improve, but then return with fever and worse cough

For more detailed information on H1N1, flu vaccination, or how to protect yourself or your family:

- Visit the Baltimore City Health Department website (<http://www.baltimorehealth.org>)
- Call the Baltimore City 3-1-1 call center or Maryland flu hotline 1-800-MDFLU4U
- Visit <http://www.flu.gov/> or the Maryland Department of Health and Mental Hygiene (<http://dhmh.maryland.gov/swineflu>)

