

PREVENTION WEDNESDAY

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City of Baltimore

Health Department

Swine Flu – Influenza A (H1N1): What you need to know

What is H1N1 (swine flu)?

H1N1 flu (formerly called swine flu) is a virus with a mix of genetic material from pigs, birds and humans. This new flu can spread from human to human. There have been 4 confirmed cases of H1N1 in Maryland.

What are the symptoms of swine flu?

Symptoms of flu include: fever of 100.4 or higher; chills; muscle aches; coughing and sneezing.

Prevention TIPS:

Tip 1 Cover your cough or sneeze with a clean tissue or sneeze/cough into your upper sleeve. Throw away the tissue after using and wash your hands.

Tip 2 Wash your hands with soap and warm water for 20 seconds *or* clean with alcohol-based hand cleaner.

Tip 3 Avoid touching your eyes, nose or mouth. Germs spread that way.

Why is the concern about Swine Flu?

- Swine influenza viruses are able to infect other species, like birds or humans.
- This type of influenza is new and is a mix of genetic material from pig, bird and human influenza Type A.
- This season's flu vaccine does not protect against this swine flu. However, you are encouraged to get the flu vaccine to protect yourself from some strains of the flu.

What if I feel sick?

- If you have symptoms of the flu (see above), **TAKE CARE OF YOURSELF**; stay home and avoid contact with other people; don't go to work, school or social events; don't travel by plane, train or bus.
- Call your doctor to discuss any symptoms and treatment; your doctor will tell you whether to come to the office or not. If you do not have a doctor, call 311.
- Drink plenty of fluids.
- If you are experiencing life threatening symptoms like difficulty breathing - go to the hospital.
- Some antiviral medications, such as amantadine and rimantadine, don't work against swine flu.
- Oseltamivir (Tamiflu) and zanamivir (Relenza) do work to treat the swine flu infection.

Additional information is available by calling the City information number - 311 - and on the Baltimore City Health Department's website: www.baltimorehealth.org

Resources and References

- Call your doctor, 311 or visit www.baltimorehealth.org
- Cover your Cough – Stop the spread of germs that make you and others sick! www.cdc.gov/flu/protect/covercough.htm
- Centers for Disease Control and Prevention
 - www.cdc.gov/swineflu (general swine flu information)
 - www.cdc.gov/travel (information and guidance on travel)
 - www.cdc.gov/h1n1flu/qa.htm (questions and answers)