



H1N1 SWINE FLU

Fast Facts

Number of confirmed cases in Florida:	For up to date case numbers, please visit http://www.doh.state.fl.us/Disease_ctrl/epi/swineflu/Reports/reports.htm
World Health Organization Pandemic Flu Alert:	Phase 6 – Pandemic Phase. Community level outbreaks in at least one other country in a different WHO region in addition to the criteria defined in Phase 5. Designation signifies a pandemic is under way.
Type of influenza (flu):	Swine-origin influenza A (H1N1), novel influenza virus
Interesting facts:	<ul style="list-style-type: none"> • Virus can survive on a surface like doorknobs and countertops 2-hours or more. • Droplets in a sneeze or cough can travel about six feet.
Mode of transmission:	<ul style="list-style-type: none"> • Mainly person-to-person through coughing or sneezing of infected people.
Incubation period (time interval between initial contact with an infectious agent and the first appearance of symptoms associated with the infection):	<ul style="list-style-type: none"> • <i>Estimated incubation period is unknown.</i> • Could range from 1-7 days, and more likely 1-4 days.
Communicable period (time during which an infectious agent may be transferred directly or indirectly from an infected person to another person):	<ul style="list-style-type: none"> • <i>Length communicable period unknown.</i> • 1 day prior to illness onset until resolution of symptoms. • Persons should be considered potentially contagious for up to 7 days following illness onset. • Persons who continue to be ill longer than 7 days after illness onset should be considered potentially contagious until symptoms have resolved. • Children, especially younger children, might be contagious for longer periods.
Length of illness:	<ul style="list-style-type: none"> • Considered potentially contagious as long as person is symptomatic and possible for up to 7 days following illness onset. • Children, especially younger children, might potentially be contagious for longer periods.
Symptoms:	<ul style="list-style-type: none"> • Symptoms are similar to most any influenza like illness • Cough • Sore throat • Chills • Body aches • Fatigue • Runny or stuffy nose • Fever ≥ 100.0 degrees • Possible vomiting and diarrhea
Precautions:	<ul style="list-style-type: none"> • Protection is the same for any influenza like illness or cold. • Frequent hand washing with soap and water for 20 seconds. • Cough and sneeze into your sleeve. • Avoid touching your eyes, nose and mouth. • Use alcohol-based hands cleaners. • Stand back (social distancing) from another person by 6 feet or more. • No vaccine is currently available to protect against swine flu.
If I'm sick:	<p>STAY HOME! Do not go to school or work.</p> <p>CDC recommendations “that people with influenza-like illness remain at home until at least 24 hours after they are free of fever (100° F [37.8°C]), or signs of a fever without the use of fever-reducing medications”.</p> <ul style="list-style-type: none"> • Limit contact to other people to keep from infecting them. • Limit contact to other people to keep from infecting them. • Control the fever: 1) acetaminophen (Tylenol®) or Ibuprofen (Motrin®), baths in tepid (not too cold and not too hot) water. <ul style="list-style-type: none"> ↳ <u>Do not</u> give aspirin to infants or children. ↳ <u>Do not</u> do alcohol rub downs for treatment of fever. • Drink plenty of fluids. • Stand back from people at least 6 feet. • If symptoms are more severe than above, CALL your healthcare provider.
Medication treatment (antivirals):	<ul style="list-style-type: none"> • Susceptible to both oseltamivir (Tamiflu®) and zanamivir (Relenza®). <ul style="list-style-type: none"> ↳ Works best if started within two days of symptoms. • It is resistant to amantadine (Symadine®, Symmetrel®) and rimantadine (Flumadine®).
Further Information:	www.CharlotteCHD.com



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