

# PUBLIC HEALTH FACT SHEET



COUNTY MICHIGAN  
HEALTH DIVISION

Department of Health & Human Services

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## 2009 H1N1 Flu

### What is 2009 H1N1 Flu?

2009 H1N1 flu (swine flu) is a viral infection of the respiratory tract, much like seasonal flu. It was first identified in April 2009 and has become the predominant flu virus causing illness.

### Who can get 2009 H1N1 Flu?

Children and young adults under 25 years of age have had the most illness. People aged 65 years and older have had very little illness.

### What are the symptoms?

Symptoms start suddenly with fever, headache, muscle pain, cough, runny nose, chills and sore throat. Sometimes children may have an upset stomach and diarrhea. The cough may last 2-7 days.

### How is 2009 H1N1 Flu spread?

The 2009 H1N1 flu virus is spread from person to person by droplets from the nose, throat and mouth through sneezing, coughing, and speaking. The virus can live on surfaces up to 8 hours at room temperature. Sometimes people become infected by touching something with H1N1 flu virus on it then touch their mouth or nose. You **cannot become infected by eating pork or pork products.**

### How long is a person contagious?

Usually 1 day prior to onset of symptoms up to 7 or more days after becoming ill.

### Is 2009 H1N1 Flu dangerous?

It can be. Most people are sick for only a few days. Some, however, may develop pneumonia.

### Is there a treatment for 2009 H1N1 Flu?

Stay at home, rest and drink lots of fluids. Prescription drugs called antiviral agents can be used to prevent or treat the flu. Children and teens with flu should not be given aspirin or aspirin products because of the risk of developing Reye's Syndrome.

### How can 2009 H1N1 Flu be prevented?

- Get the H1N1 flu shot.
- Avoid contact with infected or sick people whenever possible.
- Cough or sneeze into your sleeve.
- Don't touch your eyes, nose, or mouth. Germs are spread this way.
- Use good hygiene and hand washing before eating and after using the bathroom.

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# Hand Washing Instructions:

- Use soap and running water
- Rub your hands vigorously for 20 seconds
- Wash all surfaces, including:
  - Back of hands
  - Wrists
  - Between fingers
  - Under fingernails
- Rinse well
- Dry hands with a paper towel
- Turn off the water using a paper towel instead of bare hands

**For more information on Influenza, call (248) 858-1406 or toll free 1 (800) 848-5533.**

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