



Novel Influenza A (H1N1)

H1N1 Influenza (Swine Flu) Information for the Community

FACT SHEET

What is Novel H1N1 Influenza?

Novel H1N1 (referred to as “swine flu” early on) is a new influenza virus causing illness in people. This new virus was first detected in the United States in April 2009. This virus is spread from person-to-person, probably in much the same way that regular seasonal influenza viruses spread.

Symptoms of Novel Influenza (H1N1) Flu

Look for these symptoms:

FEVER AND

- Cough
- Sore throat
- Runny or stuffy nose

Other symptoms may include:

- Body aches
- Headache
- Fatigue
- Chills
- Diarrhea
- Vomiting

People with certain chronic medical conditions, adults 65 years or older, children younger than 5 years old, and pregnant women may be at higher risk for severe illness.

Prevention of Illness

Spread of this pandemic influenza A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads, from person to person through coughing or sneezing by people with influenza. People may also become infected by touching something with flu viruses on it and then touching their eyes, mouth, or nose.

Suggestions to Stay Healthy

1. Cover your mouth & nose with a tissue when coughing or sneezing.
2. Stay at home when you are sick. Avoid close contact with people who are sick.
3. Wash your hands often with soap & water; use hand sanitizers when water is unavailable.
4. Avoid touching your eyes, nose or mouth as germs are easily spread this way.
5. Get the seasonal flu vaccine as soon as it is available to stay as healthy as possible.
6. Get plenty of rest, be physically active, drink lots of fluids, manage your stress and eat nutritious foods.

For more information about H1N1 Influenza, contact your family physician, the Colorado Help Line (CoHELP) at 1.877.462.2911, www.cdc.org, Broomfield Health and Human Services at 720.887.2295 or visit www.broomfield.org.

