



FLU Facts Seasonal & 2009 H1N1

These two flus aren't really that different. A lot of what you already know about the seasonal flu applies to the H1N1 flu (swine flu). According to the Centers for Disease Control and Prevention (CDC), most people recover from the seasonal flu and the H1N1 flu on their own, without medical attention¹. Use this handy chart to spot symptoms and find out what you can do to lower your risk of catching either flu.

	Seasonal Flu	2009 H1N1 Flu
What is it?	A contagious respiratory illness caused by the influenza A or B virus. Occurs during the regular flu season, usually in winter.	A contagious respiratory illness caused by a strain of influenza A virus. First detected in the United States in April 2009, it has occurred throughout the summer, and will likely continue throughout this winter.
Similarities		
Symptoms	Fever, cough, sore throat, body aches, runny or stuffy nose, headache, chills, and fatigue, and possible diarrhea and vomiting in children.	Same as seasonal flu, plus some instances of diarrhea and vomiting in adults.
How it spreads	Passes between people through coughing or sneezing, via germs in the air or on infected surfaces.	Same as seasonal flu.
Prevention	Wash your hands often with soap and water or an alcohol-based hand gel. Avoid touching doorknobs, desks, and other surfaces that might be contaminated. Stay away from people who are coughing or sneezing. Cover your cough or sneeze with a tissue and throw away the tissue.	Same as seasonal flu.
Treatment	If you're experiencing moderate symptoms, try over-the-counter medications such as Tylenol or Advil, and get plenty of rest and fluids.	Same as seasonal flu. If symptoms worsen, contact your personal physician or health care practitioner. An antiviral medication may be prescribed if you are at a higher

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Differences		
Who's at Risk?	Seniors and very young children are most likely to catch the seasonal flu. Pregnant women, seniors, and people with chronic health conditions are at increased risk for complications.	Children and young adults are most likely to catch the H1N1 virus. Pregnant women and people with chronic conditions such as asthma, diabetes, and heart or lung disease are most likely to be hospitalized with the flu. People 64 or older appear to have a lower risk of catching H1N1 flu.
Peak Season	Usually occurs in late fall and winter. Those affected may spread the virus one day before symptoms develop and up to seven or more days after becoming ill.	Has occurred throughout the summer and will likely continue into the winter.
Vaccines	Physicians recommend that everyone get a seasonal flu vaccination to protect against the regular flu.	A separate H1N1 vaccine has been developed. When the vaccine is available, Sonoma Valley Hospital will follow CDC guidelines about which at-risk people to vaccinate first. As vaccine supplies increase, more people will be able to receive the H1N1 vaccine as per CDC guidelines.

Experiencing flu symptoms? If you feel ill, experts recommend you stay home even if your symptoms are mild. By staying at home, you decrease the risk of infecting others. Treat your symptoms with rest, fluids, and over-the-counter medications. And stay at home until you've been fever free for 24 hours without the use of fever reducing medicines.

SEEK MEDICAL CARE IF YOU HAVE:

- ⇒ Trouble breathing, wheezing, or tightness in your chest
- ⇒ A deep cough with a lot of mucus or a cough lasting more than three weeks
- ⇒ A very sore throat and a hard time swallowing
- ⇒ Severe ear pain, sudden hearing loss, or discharge from your ear
- ⇒ A fever with a stiff neck or a severe headache
- ⇒ A high fever
- ⇒ Gotten better, then gotten worse again

If you don't feel ill, there's no reason to be tested for seasonal or H1N1 flu.

For more information, visit the California Department of Public Health's website

<http://www.cdph.ca.gov/HealthInfo/discond/Pages/SwineInfluenza.aspx>

- ⇒ call the CDPH H1N1 Flu Hotline at 1-888-865-0564, from 8 a.m. to 5 p.m. daily,
- ⇒ call the Sonoma County Public Health Information Line 707-565-4477
- ⇒ call the Center for Disease Control and Prevention (CDC) 800-232-4636
- ⇒ or visit their website <http://www.cdc.gov/h1n1flu/>

