

# Novel H1N1 Influenza (Swine Flu): Questions and Answers for Individuals and Families

## Onondaga County Health Department

### What is novel H1N1 (swine) flu?

- H1N1 is a novel (new) influenza A virus that is transmitted by person-to-person contact.
- H1N1 causes similar illness as seasonal flu.
- Most individuals with symptoms of influenza-like illness probably have H1N1, not seasonal flu at this time of year.

### What are the symptoms of H1N1?

- The main symptoms are having a fever over 100° F and a cough or sore throat.
- Additional symptoms may include headache, body aches, tiredness, runny or stuffy nose, diarrhea, and vomiting.
- In many cases, the symptoms are mild and last only few days.

### What can I do to help prevent my family from getting H1N1 flu?

#### Encourage family members to:

- Get the H1N1 shot when it becomes available. Also, get the seasonal flu shot.
- Limit personal contact such as handshaking, hugging, and kissing.
- Wash hands frequently with warm water and soap, especially after sneezing and coughing.
- Avoid close contact with anyone who is sick.

### What should I do if I or someone in my family has flu-like symptoms?

- Anyone who has flu-like symptoms should stay at home and not go to work or school until free of fever for at least 24 hours without the use of fever-control medicines. This will help to reduce the spread of the virus.



- Most people do not need to seek treatment for the flu. However, if you or a family member has asthma, heart disease, diabetes, or other medical problems, please CALL your health care provider.
- If the symptoms are mild, remain home and do not go out of the house until fever-free for at least 24 hours without the use of fever-control medications.
- If flu-like symptoms persist or **get worse**, contact your health care provider for further guidance.
- Do NOT go to the emergency room or urgent care facility if you or a family member has mild illness.

**For more information visit  
[www.ongov.net](http://www.ongov.net) or call 435-3280**