



H1N1 FLU & TEENS (SWINE FLU)

A Health Message from the International
Parish Nurse Resource Center
www.parishnurses.org

WHAT IS H1N1/SWINE FLU?

- A virus of quadruple threat with totally new characteristics in humans
- A new flu strain with unpredictability regarding level of seriousness and potential complications

SIGNS & SYMPTOMS OF H1N1 FLU

- Fever
- Cough
- Sore throat
- Runny / stuffy nose
- Body aches
- Headache
- Chills
- Fatigue
- Sometimes: Diarrhea & Vomiting

Those at risk for complications from H1N1 Flu are mainly younger than 60 years old. The older populations appear to have some type of immunity to this virus so pay close attention to your symptoms if you are:

- Ages 6 months to 24 years
- Pregnant
- Have a chronic medical condition like asthma, lung disease, diabetes, heart disease
- Have a suppressed immune system
- A caregiver for those under 6 months or chronically ill

PREVENTION

- Get vaccinated for *both* the H1N1 and seasonal flu.
- Frequently wash your hands with warm water and soap; especially after sneezing or coughing.
- Cough or sneeze into your sleeve or a tissue then discard the tissue.
- Avoid sharing items like pencils, pens, drinks/glasses, cosmetics, phones – anything that can harbor germs and spread the virus.
- Stay home from school if sick and return only when fever free for 24 hours.
- Avoid crowded places like buses, assemblies, or parties as germs are easily passed to one another.

TREATMENT OF SYMPTOMS

- Get lots of rest
- Stay home until free of fever for 24 hours
- Drink plenty of liquids: water, sports drinks, broth, juices
- Avoid alcohol and tobacco
- Take medications to relieve symptoms:
 - For fever, anything without aspirin or steroids
 - For other symptoms, check with your doctor
- See the doctor if your symptoms worsen after 3-4 days or if you are not improving.

For More Information:
Center for Disease Control
1.800.232.4636
www.cdc.gov/h1n1flu/