

Clean - Wash your hands • **Cover** - Cover your cough and sneeze • **Contain** - Contain your germs - stay home if you are sick



Q and As

[H1N1 Flu Home](#)

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www.flu.gov

U.S. Department of Health & Human Services' influenza Web site

Confirmed H1N1 2009 Hospitalizations and Deaths (As of August 21, 2009, 10 a.m.) Updated on Fridays

	New	Cumulative
Hospitalizations	3	391
Deaths	0	17

Please note: As of 8/05/2009, updates of the number of H1N1 (2009) cases among Illinois residents will focus on hospitalizations and deaths. For more information on occurrence of influenza in Illinois, including H1N1, see additional H1N1 (2009) statistics and the weekly surveillance report.

H1N1 2009 Cumulative Hospitalizations and Deaths by Age Group* (As of August 21, 2009, 10 a.m.) Updated on Fridays

Age range	Hospitalized cases (confirmed)	Deaths
0-4	55	1

H1N1 Flu (Swine Flu) Questions and Answers

What is H1N1 flu (swine flu)?

H1N1 influenza is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and not sustained beyond three people.

Is this H1N1 flu virus contagious?

CDC has determined that this H1N1 influenza A virus is contagious and is spreading from human to human. However, at this time, it is not known how easily the virus spreads between people.

What are the signs and symptoms of H1N1 flu in people?

The symptoms of H1N1 flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with H1N1 flu.

How does H1N1 flu spread?

Spread of this H1N1 influenza A virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes

people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

Can I get H1N1 influenza from eating or preparing pork?

No. H1N1 influenza viruses are not spread by food. You cannot get H1N1 influenza from eating pork or pork products. Eating properly handled and cooked pork products is safe.

How can someone with the flu infect someone else?

Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

What should I do to keep from getting the flu?

First and most important: wash your hands. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Try not touch surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick.

Are there medicines to treat H1N1 flu?

Yes. CDC recommends the use of oseltamivir (tamiflu) or zanamivir (relenza) for the treatment and/or prevention of infection with these H1N1 influenza viruses. Antiviral drugs are prescription medicines (pills, liquid or an inhaler) that fight against the flu by keeping flu viruses from reproducing in your body. If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. For treatment, antiviral drugs work best if started soon after getting sick (within 2 days of symptoms).

How long can an infected person spread H1N1 flu to others?

People with H1N1 influenza virus infection should be considered potentially contagious as long as they are symptomatic and possible for up to 7 days following illness onset. Children, especially younger children, might potentially be contagious for longer periods.

What surfaces are most likely to be sources of contamination?

Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Droplets from a cough or sneeze of an infected person move through the air. Germs can be spread when a person touches respiratory droplets from

5-24	138	4
25-49	87	6
50-64	51	5
65 +	16	1
Unknown	44	0
TOTAL	391	17

* Outpatients are not being routinely tested for influenza; therefore reports of confirmed cases cannot be relied upon to provide an accurate picture of novel H1N1 cases that do not require hospitalization. In order to assess influenza activity among outpatients, IDPH continues to obtain information from sentinel providers across the state, and will post surveillance reports on a weekly basis at www.idph.state.il.us/flu/fluupdate08-09.htm.

[More Illinois H1N1 Statistics](#)



another person on a surface like a desk and then touches their own eyes, mouth or nose before washing their hands.

How long can viruses live outside the body?

We know that some viruses and bacteria can live 2 hours or longer on surfaces like cafeteria tables, doorknobs, and desks. Frequent handwashing will help you reduce the chance of getting contamination from these common surfaces.

What can I do to protect myself from getting sick?

There is no vaccine available right now to protect against H1N1 flu. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If you do not have a tissue, cough or sneeze into your sleeve.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you get sick with influenza, stay home from work or school and limit contact with others to keep from infecting them.

What is the best way to keep from spreading the virus through coughing or sneezing?

If you are sick, limit your contact with other people as much as possible. Do not go to work or school if ill. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Put your used tissue in the waste basket. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.

What is the best technique for washing my hands to avoid getting the flu?

Washing your hands often will help protect you from germs. Wash with soap and water or clean with alcohol-based hand cleaner. We recommend that when you wash your hands – with soap and warm water – that you wash for 15 to 20 seconds. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.

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