

2009 H1N1 Influenza

H1N1 is a new strain of the flu virus. It is made up of a combination of influenza viruses found in pigs, birds and people.

H1N1 started to make people sick in the spring of 2009. Like other flu viruses, H1N1 didn't make as many people sick during the summer. This fall activity levels are starting to rise again.

Many people are scared because of what they hear from relatives, friends and the news. H1N1 is like the seasonal flu that people get sick with every year. The biggest problem is that, because it is new, people have not developed any immunity against it so even healthy young people are getting seriously ill.

Signs and Symptoms of 2009 H1N1 Flu

The signs and symptoms of H1N1 flu are very similar to the symptoms of the seasonal flu. They are:

- fever $\geq 100^{\circ}$ F*
- cough
- sore throat
- runny or stuffy nose
- body aches
- headache
- chills
- fatigue
- sometimes diarrhea and vomiting

*Not everyone with flu will have a fever or experience all symptoms.

(Source: CDC)

How Does it Spread?

Flu viruses spread in by coughing and sneezing. Flu usually spreads from person to person but sometimes flu can spread when someone touches something with flu viruses on it and then touches their eyes, mouth or nose.

The flu virus can be spread to others beginning 1 day before symptoms develop and up to 5 days after becoming sick. That means that you can pass on the flu to someone else before you know you are sick, as well as while you are sick.

Should I Still Get the Vaccine?

Yes! Even though it seems like no one is getting sick right now, it is still important to get immunized! Flu season in our area can last past April but that doesn't mean that people cannot get sick with flu beyond that time. This means that we may find people getting sick again in a few weeks or even in a few months.

The best way to ensure that you are protected is to get the vaccine, practice proper respiratory etiquette and wash your hands!

2009 H1N1 Influenza Vaccine

H1N1 influenza vaccine is now in abundant supply. It is available to all people regardless of age or health. It is available in both nasal mist and "shot" forms. Please contact your healthcare provider or local health department to obtain your H1N1 vaccine.

Many people have concerns and questions about the H1N1 vaccine. H1N1 is an influenza virus, like seasonal influenza. The process being used to make the vaccine is the same process that is used to make seasonal flu vaccine. Since they are the same type of vaccine, you can expect to see the same soreness, redness and swelling at the injection site after you get the immunization.

Who Should NOT Get Vaccinated

- People with a history of Guillain-Barre Syndrome; and
- People who are allergic to chicken eggs or any other component of the vaccine.

What to do if You Get Sick

If you think you have the flu it is important that you don't get other people sick. If you have a fever please **STAY HOME!**

Monitor your symptoms and seek medical attention if you begin to develop severe symptoms such as difficulty breathing, dehydration, bluish skin tone, inability to stay awake.

It is also important to remember to stay home until your fever has been gone for a full 24 hours without taking medicines like acetaminophen or ibuprofen.

For more information about how to know if you have the flu and what to do if you get sick, please visit this link:

<http://www.cdc.gov/h1n1flu/sick.htm>

Do I have a Fever?

If you think that you or your child have the flu, it is important to know if you have a fever. A fever can help the doctor determine what to do to help you. Also, when you have been sick, you should be fever free for 24 hours before returning to work and school. It is important to get an accurate temperature and there are different ways to check a temperature depending on your age.

For information about taking a baby's temperature click [here](#).

For information about taking the temperature of a person age 4 or older click [here](#).

Ways to Help Avoid Getting the Flu

Important ways to avoid both seasonal and H1N1 flu and prevent its spread are frequent hand washing, use of alcohol based hand sanitizers, coughing or sneezing into one's sleeve, keeping at least six feet distance from people who have respiratory symptoms, and staying home when you are sick.

[CCHD How to Stay Healthy](#)

[CCHD Is It a Flu or a Cold?](#)

[CCHD Flu Info for Schools](#)

Related Topics to Help Prevent the Flu

[Cover Your Cough](#)

[Wash Your Hands](#)

Flyers, Posters and Brochures to Post

[Click here for "Someone at Home has the Flu" brochure](#)

[Click here for "Stay at Home" poster](#)

[Click here for "Ask about a Mask" brochure](#)

Contact Us

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