

What is the 2009 H1N1 flu?

Commonly known as swine flu, 2009 H1N1 flu is an acute and highly contagious respiratory disease. The virus is spreading from person to person worldwide and resembles the seasonal flu.



How is H1N1 flu transmitted?

Like the seasonal flu, the H1N1 flu strain has been shown to be transmitted directly from person-to-person through coughing or sneezing and by touching contaminated items.

Prevention:

- If you are sick, **stay home** and avoid contact with other people.
- Cover your nose & mouth with tissue or sleeve when you cough/sneeze. Discard the tissue after using.
- Wash your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose and mouth.
- Regularly clean & disinfect communal areas & any shared equipment with disinfectant wipes.
- Get vaccinated for the seasonal flu **now** and for H1N1 when advised by public health officials.

What do I do if I have symptoms?

H1N1 flu symptoms include fever or chills and a cough or sore throat. Other H1N1 flu symptoms are:

- diarrhea
- vomiting
- runny nose
- body aches
- headache
- tiredness

If you have these symptoms, **stay home** and away from others for at least 24 hours after your fever goes away without fever reducing medication. Consult your healthcare provider if you have chronic health conditions or if symptoms continue.

Who should get H1N1 flu vaccine?

Certain groups at higher risk for complications from H1N1 flu are recommended to get the H1N1 flu vaccine when it first becomes available (expected fall of 2009). These groups include:

- Caregivers of children younger than 6 months
- Healthcare & emergency services personnel
- People between the ages of 6 months & 24 yrs
- Pregnant women
- People ages 25-64 who have chronic health conditions (e.g., asthma, heart disease, diabetes) or compromised immune systems

How is H1N1 flu treated?

H1N1 flu is treated in the same way as seasonal flu – with good hygiene practices and plenty of rest at home, away from work or school. In some cases, H1N1 flu may be treated with antiviral medications if it is treated early. However, you should first talk to your doctor before taking any prescription medication.

Need more information?

Ashe Student Health & Wellness Center - www.studenthealth.ucla.edu

LA County Department of Public Health - www.publichealth.lacounty.gov

California Department of Public Health - www.cdph.ca.gov

Center for Disease Control - www.cdc.gov/H1N1flu (find vaccine info here)

World Health Organization - www.who.int/csr/disease/swineflu/

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