

Things you can do: H1N1 Flu Virus (swine flu)



Help protect you and your family

According to the Centers for Disease Control and Prevention, good health habits can help stop the spread of germs and prevent respiratory illnesses like the flu.

What is H1N1 flu virus (swine flu)?

This H1N1 flu virus (swine flu) is a respiratory disease of pigs caused by type A influenza viruses that cause regular outbreaks in pigs. People do not normally get H1N1 flu virus (swine flu), but human infections can and do happen. The 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 an effective vaccine already available against the new H1N1 flu virus?

No. Since this H1N1 virus is new, there is no vaccine currently available made with this particular virus. Making a completely new influenza vaccine can take five to six months. While work is already underway to produce such a vaccine, it's important that people take the necessary steps to help stop the spread of germs in the near term.

How does the H1N1 flu virus spread?

- Flu viruses spread mainly from person to person through coughing or sneezing of people with influenza.
- Viruses can also spread when a person touches a surface with flu viruses on it and then touches their eyes, nose or mouth.

How can I protect myself from H1N1 flu virus (swine)?

- Encourage everyone to cover their mouth and nose when they cough or sneeze.
- Wash your hands often with soap and water, especially after you cough or sneeze.
- Try to avoid close contact with sick people.

What should I do if someone I live with has confirmed H1N1 flu virus (swine flu)?

Follow the same precautions you would to avoid ordinary seasonal flu:

- Limit contact with the affected person.
- Avoid having visitors.
- Wash your hands with soap and water or with an alcohol-based hand rub.
- Consider using a face mask or an N95 respirator .
- Wash all dishes with warm water and soap.

Can household cleaning and disinfecting help prevent further transmission?

Yes. To help prevent transmission of germs, follow these simple steps:

- Frequently touched surfaces should be disinfected with an U.S. EPA-registered bleach-based solution or disinfectant product.
- Surfaces to disinfect include bedside tables, surfaces in the bathroom, toys for children, doorknobs, light switches, telephones and refrigerator handles.
- Use disinfectant wipes for frequently touched electronic items such as computer mouse and keyboards, phones and remote controls, etc.

For more information about H1N1 flu virus (swine flu) and what you can do to protect you and your family, visit:

www.cdc.gov/swineflu or www.pandemicflu.gov