

Seasonal Flu vs. H1N1 Flu

Kenosha County Division of Health

	Seasonal Flu	H1N1 Flu
What is it?	Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. There are two main types of influenza (flu) virus: Types A and B. Influenza A and B viruses are responsible for seasonal flu epidemics each year.	Novel H1N1 (referred to as “swine flu” early on) is a new influenza A virus causing illness in people. This new virus was first detected in people in the United States in April 2009. Other countries, including Mexico and Canada, have reported people sick with this new virus.
How is it Spread?	<p>Spread from person to person through coughing or sneezing. People may become infected by touching their mouth or nose with infected hands.</p> <p>Most healthy adults may be able to infect others from one day before getting sick to 5 to 7 days after. 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.</p>	
Signs and Symptoms	<ul style="list-style-type: none"> ▪ Fever greater than 100 degrees ▪ Body aches ▪ Coughing ▪ Sore throat ▪ Respiratory congestion ▪ In some cases diarrhea and vomiting 	
Steps to Prevent from Getting Sick	<ul style="list-style-type: none"> ▪ Cover your nose and mouth with a tissue when you cough or sneeze, or cough/sneeze into your sleeve. If you use a tissue, throw it in the trash after you use it. ▪ Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective. ▪ Try to avoid close contact with sick people. ▪ If you get sick, stay home from work or school and limit contact with others to keep from infecting them. ▪ Avoid touching your eyes, nose or mouth to reduce the spread of germs. 	
What to do if you become sick	<ul style="list-style-type: none"> ▪ If you become ill with influenza-like symptoms, including fever, coughing, runny or stuffy nose, sore throat, nausea, or vomiting or diarrhea, you should STAY HOME and avoid contact with other people. ▪ To “STAY HOME” is to NOT LEAVE your home except to seek medical care. This includes avoiding all normal activities, including work, school, travel, shopping, social events, and public gatherings. ▪ If you have severe illness or you are at high risk for flu complications, contact your health care provider or seek medical care. Your health care provider will determine whether flu testing or treatment is needed. 	
Vaccine	Each vaccine contains three influenza viruses. The viruses in the vaccine change each year based on international surveillance and	<ul style="list-style-type: none"> ▪ It is expected that the H1N1 flu vaccine will come in a shot and nasal-spray form.

	<p>scientists' estimations about which types and strains of viruses will circulate in a given year.</p> <ol style="list-style-type: none"> 1. The "flu shot" – an inactivated vaccine (containing killed virus) that is given with a needle. The flu shot is approved for use in people 6 months of age and older, including healthy people and people with chronic medical conditions. 2. The nasal-spray flu vaccine – a vaccine made with live, weakened flu viruses that do not cause the flu (sometimes called LAIV for "Live Attenuated Influenza Vaccine"). LAIV is approved for use in healthy* people 2-49 years of age who are not pregnant. 	<ul style="list-style-type: none"> ▪ The H1N1 flu vaccine can be given at the same time as the seasonal flu vaccine. ▪ The H1N1 flu vaccine will require 2 doses with approximately 3-4 weeks in between.
<p>When to get vaccinated</p>	<p>Yearly flu vaccination should begin in September or as soon as vaccine is available and continue throughout the influenza season, into December, January, and beyond.</p>	<p>The novel H1N1 vaccine is expected to be available in the fall. More specific dates cannot be provided at this time as vaccine availability depends on several factors including manufacturing time and time needed to conduct clinical trials.</p>
<p>Who should get vaccinated</p>	<ol style="list-style-type: none"> 1. Children aged 6 months up to their 19th birthday 2. Pregnant women 3. People 50 years of age and older 4. People of any age with certain chronic medical conditions 5. People who live in nursing homes and other long-term care facilities 6. People who live with or care for those at high risk for complications from flu, including: <ul style="list-style-type: none"> ▪ Health care workers ▪ Household contacts of persons at high risk for complications from the flu ▪ Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated) 	<p>Initial priority groups will include:</p> <ol style="list-style-type: none"> 1. All people 6 months through 24 years of age 2. People who live with or care for children younger than 6 months of age. 3. All pregnant women 4. Healthcare and emergency services personnel 5. People age 25 through 64 years who have health conditions associated with higher risk of medical complications from influenza.