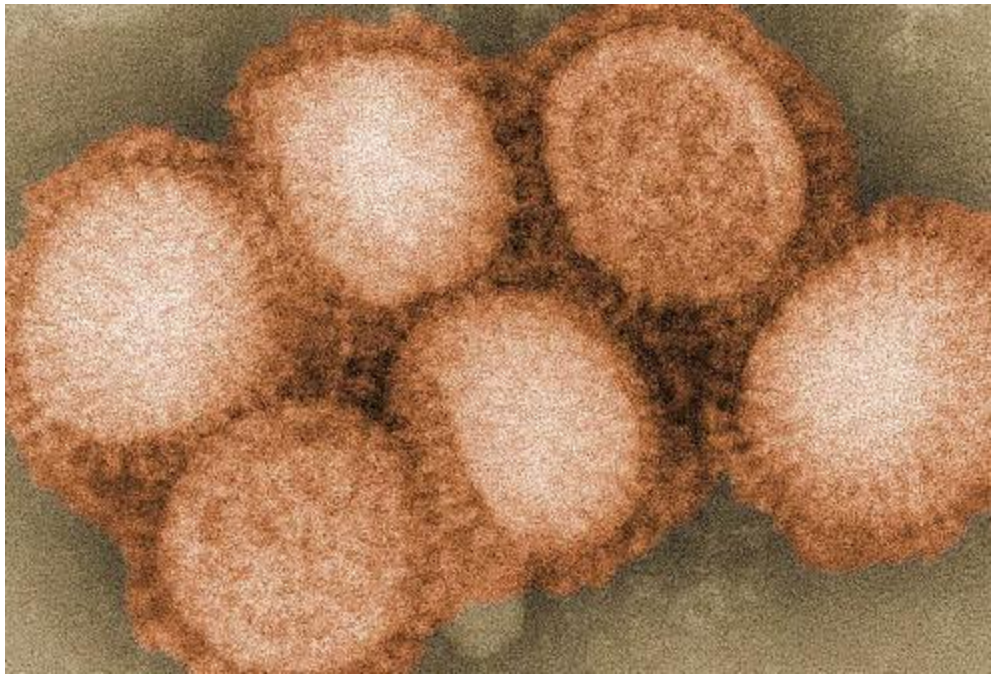
Data Source: Centers For
Disease Control and Prevention

What is H1N1 Flu?



H1N1 flu is a respiratory disease caused by pigs, which can be spread from person-to-person.

Data Source: Centers For Disease Control and Prevention

Are People Nervous About H1N1 Flu?

Yes. But remember, the regular flu kills 36,000 people a year in the United States.

Data Source: Centers For
Disease Control and Prevention

What are the Symptoms of H1N1 Flu?

- Fever
- Cough
- Sore Throat
- Body Aches
- Headache
- Chills and fatigue
- Diarrhea and Vomiting
- Runny nose

Data Source: Centers For Disease Control and Prevention

How Does H1N1 Flu Spread?

- Spreads like regular flu
- Coughing
- Sneezing
- Touching object infected with flu virus and then rubbing nose or eyes

Data Source: Centers For Disease Control and Prevention

Can People Catch H1N1 Flu From Eating Pork?

No. You can not get H1N1 flu from eating pork or pork products. Eating properly handled and cooked pork and pork products is safe.

Data Source: Centers For Disease Control and Prevention

How is H1N1 Flu Treated?

CDC recommends Tamiflu and Relenza; however, many of the people in the U.S. with lab confirmed H1N1 flu recover without treatment.

Data Source: Centers For Disease Control and Prevention

Is There a H1N1 Flu Vaccine for People?

- H1N1 flu vaccine production is currently underway.
- Vaccines will be tested in clinical trials over the next few months.
- Best case scenario estimates vaccine availability late 2009.

Data Source: Centers For Disease Control and Prevention

How Can I Prevent H1N1 Flu?

- Wash hands regularly with soap and hot water
- Use an alcohol based hand cleaner
- Avoid touching your mouth, nose, or eyes
- Avoid close contact with sick people

Data Source: Centers For Disease Control and Prevention

What Else Should You Be Doing?

Stay informed through national, state, local, and district alerts

Data Source: Centers For Disease Control and Prevention