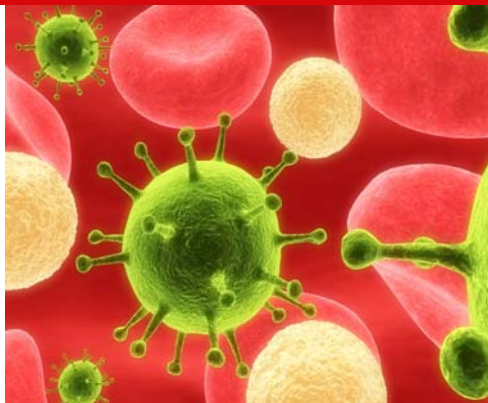


2009 H1N1 Flu Factsheet



The United States declared a public health emergency in response to the recent reports of swine flu. Your employer wants to help you understand some important facts about swine flu so you may take appropriate actions to help protect yourself and your family.

Other helpful resources include:

- The Center for Disease Control Website — www.cdc.gov
- Arizona Department of Health Services — www.azdhs.gov
- ComPsych Website — <http://info.compsych.com/swineflu/>
- Community Information and Referral hotline — 1-800-352-3792

What is the H1N1 (swine) flu?

The virus involved in the current outbreak of swine flu is a respiratory Infection caused by a type of influenza A (H1N1). It is a disease typically found in pigs (also called swine).

How do you catch it?

Although people do not normally get the H1N1 (swine) flu, the virus is contagious and humans can be infected. The virus is spread from person to person by coughing and sneezing. Humans are typically contagious anywhere from one day before the start of the illness to 7 days after onset. **Note: H1N1 flu CANNOT be contracted from eating pork and pork products.**

What are the symptoms?

H1N1 (swine) flu symptoms are very similar to seasonal influenza and generally include fever, fatigue, lack of appetite and coughing, although some people also develop a runny nose, sore throat, vomiting or diarrhea, according to the Center for Disease Control (CDC).

How can I avoid catching it?

- People can take action to prevent the spread of the virus.
- Frequent hand washing. Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol based hand cleaners are also helpful
 - Avoid contact with those who are ill
 - Cover your nose and mouth with tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
 - Do not touch your eyes, nose or mouth. Germs spread that way.

What should I do if I become ill?

If you are ill, you should stay home and avoid being with other to help control the spread of disease. If you are experiencing flu-like symptoms such as stomach pain, trouble breathing, or severe or frequent vomiting, you should contact a doctor.