

H1N1 FLU UPDATE

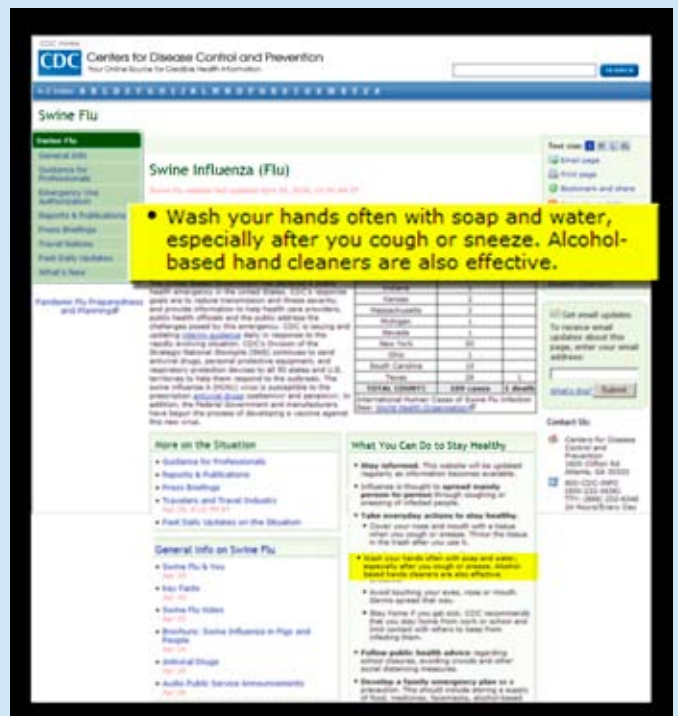
H1N1 flu (swine flu) is a headline in the news right now. This version of H1N1 flu is actually a combination of Avian Influenza, Human Influenza and Porcine Influenza. Currently there are no vaccines available. This is because the virus is thought to be made of the H1N1 for Porcine proteins but may be H1N1 or H5N1 for Avian proteins plus H1N1 for the Human proteins. Scientists are determining these H and N proteins at this time to develop the vaccine.

H1N1 Flu is spread just like regular flu - through coughing, sneezing, shaking hands, sharing glasses or utensils, or from inanimate surfaces contaminated by a sick person. The symptoms are also the same – fever, headaches, body aches, general tiredness. Stay at home when you are sick. Doctors can treat some patients with antiviral medications (Tamiflu or Relenza) if seen in the early stages. You do not get the H1N1 flu from eating meat (pork). You can get the disease from pigs if you are an animal handler and the animals are sick.



The number one way to prevent infection is through frequent handwashing with soap and water for 20-30 seconds. If soap and water are not available, use an antiseptic hand cleaner that contains at least 60% alcohol. APIC also urges consumers to remind healthcare workers to wash their hands before and after coming in contact with patients.

To read full article, visit: <http://www.apic.org/swineflu/>



For more information on swine flu, visit: <http://www.cdc.gov/swineflu/>



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