

H1N1- A Different Kind of Flu

H1N1 affects a different part of the lung than seasonal flu viruses. Seasonal flu affects the bronchial tubes but H1N1 affects the outer lung tissue. This puts a different group of people at higher risk.

- Women pregnant or post-partum up to 6 months
- Persons 6 months to 24 years old
- Healthcare and emergency medical personnel
- People 25-64 yrs old who are at higher risk due to chronic health disorders or compromised immune systems
- Adults 65 and older with chronic diseases. (Approx. 1/3 of adults 65 and older have some protective antibodies.)

Like seasonal flu most people with H1N1 will recover without medical intervention. Others become very ill and death can occur.

EMERGENCY Warning Signs in Sick Children

- Fast or troubled breathing
- Bluish or grey skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

EMERGENCY Warning Signs in Adults

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve and then return with fever and worse cough

Provided by Community of Christ Health Ministries Association

www.HMACofChrist.org

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For more information go to www.CDC.gov

HOW H1N1 ENTERS THE BODY

Germs from an infected person will become airborne during a cough or sneeze. These germs are inhaled or contaminate objects. Touching a contaminated object or the secretion itself and then touching a face or mouth introduces the virus to the next person.

PREVENTION

Good hand-washing!!

Adequate rest every day

Good nutrition with optimal intake of fruits and vegetables to support the immune system

Improved intake of Vitamin D--1000 IU to 4000 IU daily

AVOID SPREADING THE FLU

- Avoid close contact when possible (6 feet or closer)
- Wash hands frequently with soap and water or use alcohol-based hand sanitizers
- Avoid touching your eyes, nose, and mouth
- Cover your mouth with a tissue with a cough or sneeze, then discard tissue and wash hands
- Avoid confined spaces with large numbers of people
- Consult your doctor for anti-viral meds consideration if exposed to infected persons
- People should stay home when febrile, coughing, and having flu-like symptom for at least 24 hours after fever is gone. H1N1 flu can usually be spread from 24 hours BEFORE the fever and then for up to 7 days

WHEN FLU IS IN YOUR HOME

- High risk persons should not be care-givers!
- If a high risk person becomes ill, call the doctor for anti-viral medication and advice
- Minimize close contact with sick person (6 feet +)
- Wash surfaces, bathrooms, and exposed areas frequently with household detergents
- Consider taking preventative doses of anti-viral meds
- Caregivers should wear disposable facemasks when providing care to the ill person and wash hands thoroughly after caring for the sick person.