

# Pandemic H1N1 Influenza

## For More Information

Oregon Public Health Hotline

1-800-978-3040

[www.flu.oregon.gov](http://www.flu.oregon.gov)

## Centers for Disease Control & Prevention:

1-800-CDC-INFO (232-4636)

1-888-232-6348 TTY

E-mail: [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)

You can also visit the following Web sites for the latest information on pandemic H1N1 flu:

## Centers for Disease Control and Prevention

<http://www.cdc.gov/h1n1flu/update.htm>

## Oregon Department of Human Services:

<http://www.oregon.gov/DHS/ph/acd/flu/panflu.shtml>

## U.S. Department of Health and Human Services:

<http://www.flu.gov>

## World Health Organization:

<http://who.int/csr/disease/swineflu/en/>

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Call 971-673-1244, or for TTY call 971-673-0372 to arrange for the alternative format that will work best for you.

## Introduction

- Pandemic H1N1 (originally referred to as “swine” flu) is a respiratory disease caused by type A influenza virus.
- Human cases of pandemic H1N1 influenza started showing up in the U.S. in late March 2009, and quickly spread throughout the country and the world. In June 2009, the World Health Organization declared a pandemic of the new virus.

## Risks

- Infections with pandemic H1N1 flu can be mild to severe. Most cases in the U.S. have been similar to seasonal flu.
- Certain groups are at increased risk of complications from influenza, whether they have infection from the newly identified flu strain, or seasonal flu varieties. These include children aged younger than five years, pregnant women, people older than 65 years and those with chronic health conditions, such as diabetes, heart disease, lung disease or compromised immunity.
- People in these groups who develop a high fever with cough, sore throat, or muscle aches, or parents of young children with these symptoms, should call their health care provider.
- Like other influenza illness, pandemic H1N1 flu spreads from person to person through coughing or sneezing of people who are sick.
- You cannot get pandemic H1N1 flu from eating pork or pork products. Eating properly handled and cooked pork products is safe.

## Symptoms

- The symptoms of pandemic H1N1 are similar to the symptoms of regular flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have also experienced diarrhea and vomiting.
- Like seasonal flu, pandemic H1N1 may cause a worsening of underlying chronic medical conditions. Most deaths have been in people with underlying medical conditions.
- Seek emergency medical care if you become ill and experience any of the following warning signs:
  - Difficulty breathing or shortness of breath
  - Pain or pressure in the chest or abdomen
  - Sudden dizziness
  - Confusion
  - Severe or persistent vomiting.

## Local Health Departments

Baker .....	541-523-8211
Benton .....	541-766-6835
Clackamas.....	503-655-8430
Clatsop .....	503-325-8500
Columbia .....	503-397-4651
Coos.....	541-756-2020
.....	ext. 510
Crook .....	541-447-5165
Curry .....	541-247-3300
Deschutes .....	541-322-7400
Douglas .....	800-234-0985
Gilliam .....	541-384-2061
Grant .....	541-575-0429
Harney .....	541-573-2271
Hood River.....	541-386-1115
Jackson .....	541-774-8209
Jefferson.....	541-475-4456
Josephine.....	541-474-5325
Klamath .....	541-882-8846
Lake .....	541-947-6045
Lane .....	541-682-4041
Lincoln .....	541-265-4112
Linn.....	541-967-3888
Malheur .....	541-889-7279
Marion .....	503-584-4870
Morrow.....	541-676-5421
Multnomah .....	503-988-3674
Polk.....	503-623-8175
Sherman .....	541-506-2600
Tillamook.....	503-842-3900
Yamhill.....	503-434-7525

## Public Health Emergency

### Preparedness Program

800 NE Oregon St., Suite 465B

Portland, OR 97232

971-673-1244

[publichealth.preparedness@state.or.us](mailto:publichealth.preparedness@state.or.us)

In children, emergency warning signs that need urgent medical attention include:

- o Fast breathing or trouble breathing
- o Bluish skin color
- o Not drinking enough fluids
- o Not waking up or not interacting
- o Being so irritable that the child does not want to be held
- o Flu-like symptoms improve, but then return with fever and worse cough
- o Fever with a rash.

## Treatment

- Most people with pandemic H1N1 get better with normal supportive care.
- In some settings antiviral medication may be indicated to reduce symptoms or prevent the spread of disease. Currently, it is recommended only for hospitalized patients and persons who, based on their age or chronic health conditions, are at increased risk of complications.
- Antiviral drugs are prescription medicines that fight against the flu by keeping flu viruses from reproducing in the body.
- If treatment is started within two days of the onset of symptoms, antiviral drugs can help prevent serious flu complications, may make illness milder and help patients feel better faster.

## Prevention

- Vaccine to protect against pandemic H1N1 is currently being developed, but is not yet available.
- Regular flu vaccines do not generally protect against pandemic H1N1 flu. However it is a good idea to get a flu shot or nasal mist vaccine to protect against the other types of influenza that circulate every year.
- There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:
  - o Cover your nose and mouth with your sleeve or a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
  - o Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
  - o Try to avoid close contact with sick people.
  - o Always stay home from work or school when you're sick, and limit contact with others to keep them from getting sick.
  - o Avoid touching your eyes, nose or mouth.