

2009 H1N1 FLU (SWINE FLU) BULLETIN

A fact sheet for Kaiser Permanente members

The 2009 H1N1 flu (swine flu) was first detected in the United States in April 2009, and is expected to continue to affect people for the rest of 2009 and possibly into 2010. According to the Centers for Disease Control and Prevention (CDC), there have been more than 1 million cases of the H1N1 flu so far in the United States. To date, H1N1 flu activity has been reported in all U.S. states and territories. And worldwide, more than 177 countries and territories have reported confirmed cases.

Here's some information about spotting symptoms and lowering your risk of getting the H1N1 flu.

- **H1N1 flu symptoms**—similar to regular seasonal flu symptoms. They may include fever, sore throat, cough, stuffy nose, chills, headache, body aches, fatigue, diarrhea, or vomiting.
- **Transmission**—spreads the same way as the seasonal flu: from person to person, usually through coughing and sneezing. It can also spread when people touch a contaminated surface and then touch their mouth, eyes, or nose.
- **Infection period**—starts one day before appearance of symptoms and can last seven or more days after symptoms start.

How to protect yourself and your family

Take these precautions to limit your chances of getting or spreading the flu:

- Wash your hands often with soap and water or an alcohol-based hand sanitizer.
- Avoid touching doorknobs, desks, or other surfaces that might be contaminated.
- Always cover sneezes and coughs, even if you feel well.
- Avoid people who are coughing or sneezing.
- Get a flu vaccination. And remember, there are two different vaccines—the H1N1 vaccine and the seasonal flu vaccine. The seasonal flu vaccine does not protect against the H1N1 flu.

H1N1 flu vaccine

A vaccine for this new flu has been developed but supplies are limited. When more vaccine is available, Kaiser Permanente will follow CDC guidelines about which at-risk people to vaccinate first. As vaccine supplies increase, more people will be able to receive the H1N1 vaccine as per CDC guidelines. The most updated information will be posted on cdc.gov/h1n1flu as it becomes available.

kp.org/flu

2009 H1N1 FLU (SWINE FLU) BULLETIN

A fact sheet for Kaiser Permanente members

If you get sick:

If you or your children have flu-like symptoms, the CDC recommends staying home even if the symptoms are mild. Treat symptoms with rest, fluids, and over-the-counter medications. Stay at home until the fever is gone for 24 hours without the use of fever-reducing medicine, except to get medical care or for other necessities.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand sanitizers are also effective.
- Avoid touching your eyes, nose, or mouth. That's how germs are spread.
- Keep away from others as much as possible.

If you have severe symptoms, such as difficulty breathing or a high fever, contact your doctor or health care provider as soon as possible. He or she will help determine whether treatment is needed.

AFTER-HOURS ADVICE

In Northern California, call the advice line in your area, which you can find in *Your Guidebook to Kaiser Permanente Services*.

In Southern California, call toll free **1-888-KPONCALL (1-888-576-6225)**.

For additional information, visit kp.org/flu or the CDC web site at cdc.gov/h1n1flu.

FLU VACCINE STATUS

For up-to-date information about seasonal flu and H1N1 flu vaccines, please call one of our flu hotlines:

In Northern California, call **1-800-KP-FLU-11 (1-800-573-5811)**.

In Southern California, call toll free **1-866-70-NO-FLU (1-866-706-6358)**.

For regions outside of California, please refer to numbers listed on kp.org.

kp.org/flu