



The H1N1 Flu and You

Your health is important.

Because the Youens and Duchicela Clinic believes this, the following is brought to you in an effort to provide wellness information that you can use to help manage and maintain your health.

This week, the focus is on the novel influenza A (H1N1) virus.

The H1N1 virus is not the seasonal flu virus; rather, it is a new strain of swine origin that first caused illness in Mexico and the United States in March and April of 2009. On June 11, 2009, the World Health Organization declared a global pandemic of novel influenza A (H1N1). This virus spreads as does the typical seasonal flu virus, mainly through coughs and sneezes of people who are sick, though it can also be spread by touching infected objects and then relaying the virus through nose or mouth contact.

The Centers for Disease Control and Prevention note that H1N1 symptoms are similar to those of the seasonal flu, including

- fever
- chills
- headache
- body aches
- sore throat
- cough
- fatigue
- stomach symptoms such as nausea, vomiting, and/or diarrhea

A doctor will be able to diagnose and then treat accordingly and instruct on further measures to prevent from spreading.



However, the best line of prevention for both the seasonal flu and H1N1 can occur through vaccination. Separate vaccinations are encouraged for both viruses and can be given on the same day.

The CDC's Advisory Committee on Immunization Practices encourages the H1N1 vaccination specifically for the following groups of individuals, before others:

- pregnant women
- people who live with or care for children younger than six months of age
- health care and emergency medical services personnel with direct patient contact
- children six months through four years of age
- children five through eighteen years of age

Check with your health care provider for availability of both the seasonal flu and H1N1 vaccines.

If you were part of the 1976 swine flu virus vaccination, the CDC still recommends the 2009 H1N1 vaccine.

Everyone is encouraged to follow a common-sense approach to preventing the spread of this and other illnesses.

Cover your nose and mouth with a tissue when coughing or sneezing. Then discard the tissue. Wash your hands often with soap and water or an alcohol-based cleanser. Avoid touching your eyes, nose, or mouth.

Stay home if you get sick to limit the infection of others. More information on this and other health information can be found on www.cdc.gov.

The information provided here is not to be used as a substitute for medical attention. Remember that, should you have specific medical questions or desire more information, contact your doctor.