

## H1N1 INFORMATION

### California Department of Public Health (CDPH)

- Hotline dedicated to answering the public's questions on H1N1 (swine) flu. **The H1N1 hotline number is: 1-888-865-0564**
- CDPH website:  
[www.cdph.ca.gov](http://www.cdph.ca.gov)

### Centers for Disease Control & Prevention (CDC)

- CDC H1N1 website:  
[www.cdc.gov/  
H1N1flu/](http://www.cdc.gov/H1N1flu/)

### US Department of Health & Human Services

- Pandemic flu and H1N1 website:  
[www.flu.gov](http://www.flu.gov)

### Nor-Cal BT

- Northern CA Public Health Departments regional disaster preparedness website includes H1N1 information:  
[www.norcalbt.com](http://www.norcalbt.com)



## Tehama County Health Services Agency



### Tehama County Health Services Agency– Public Health Division

1860 Walnut Street, Building C  
Red Bluff, CA 96080

530-527-6824  
1-800-655-6854  
[www.norcalbt.com/Tehama/](http://www.norcalbt.com/Tehama/)  
[www.tehamacohealthservices.net](http://www.tehamacohealthservices.net)

## Tehama County Health Services Agency

PUBLIC HEALTH DIVISION

# H1N1 – SWINE FLU & YOU



1-800-655-6854

# ARE WE IN AN INFLUENZA PANDEMIC? YES!

A pandemic is a global outbreak of disease that spreads easily from person to person and is affecting people around the world. The World Health Organization (WHO) declared a pandemic of H1N1 (swine) flu in June of 2009.



**WHEN YOU SNEEZE MILLIONS OF TINY DROPLETS CONTAINING GERMS ARE SPREAD INTO THE AIR.**

## How H1N1 is spread

Novel H1N1 influenza A is a respiratory virus that spreads easily from person to person

through coughing, sneezing, or touching a surface or an item that an ill person touched (door knob, phone, etc.)

## Vaccine for Novel H1N1

A vaccine for H1N1 is being developed & tested. The H1N1 vaccine is expected to be available in fall 2009. The vaccine will be available both as a shot and as a nasal mist. The vaccine will be given to people most-at risk for complications from the H1N1 flu first.

## H1N1 vaccine is recommended by the CDC for the following groups of people:

- Pregnant women & caregivers to infants
- Healthcare & EMS workers
- People aged 6 months to 24 years
- Adults 25-64 yrs with chronic medical conditions

## How to Prevent the Spread of the Flu

Simple steps can help prevent the spread of the flu virus & other germs that make people sick.

- Stay home from work & school if you are sick!
- Cover your mouth & nose with a tissue or your arm when you cough or sneeze. If you use your hands, wash or use hand sanitizer immediately.
- Wash your hands frequently with warm water & soap for 20 seconds.
- Use alcohol-based sanitizers when soap & water are unavailable.
- Avoid touching your eyes, nose & mouth, since germs enter there.



**WASH YOUR HANDS THOROUGHLY TO PREVENT THE SPREAD OF GERMS & DISEASE!**

## Symptoms of the Flu

The symptoms of the H1N1 flu are the same as the regular seasonal flu. These symptoms include:

- Fever of 100 degrees or higher, PLUS
- Cough
- Sore throat
- Headaches & body aches
- Chills
- Chest discomfort
- Extreme Exhaustion



The flu does not usually include stomach symptoms such as nausea, vomiting, and diarrhea, although some cases have been reported with H1N1.

## When to Seek Medical Help

Anyone who is sick should stay home. Ill people should get plenty of rest, drink lots of fluids, and take pain relievers such as Tylenol or Ibuprofen to reduce fever and ease body aches. **REMEMBER:** never give children aspirin when they have a fever, since it can cause complications.

Even if you are mildly ill you should stay home. You can return to work or school when you have **NOT** had a fever for at least 24 hours (without using fever reducing medications).

Most people do not need medical care, however, those who are at-risk for complications from the flu (pregnant women and people with chronic medical conditions) should call their medical provider if they become ill.

You should also seek medical treatment if :

- Symptoms worsen or last longer than 1 week
- Fever accompanied by a rash
- Difficulty breathing
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Not drinking enough fluids-dehydrated

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