



# Health Bulletin

## Public Health Alert—H1N1 Influenza (Swine Flu)

### What is H1N1 Influenza?

A new type of flu called *H1N1 influenza* or *swine flu* has started to make people sick. It is a disease like regular (seasonal) flu. This virus came from a virus that usually makes pigs sick. Many countries around the world, including the United States, have *H1N1 influenza* cases.

### How is it spread?

**You cannot get H1N1 influenza from eating pork or pork products.** H1N1 influenza is spread the same way that regular flu spreads: from person to person through coughing or sneezing of sick people.



Sometimes people can get the flu by touching something like a door knob that has flu germs on it and then touching their mouth, nose or eyes before washing their hands.

### Signs and Symptoms

*H1N1 influenza* symptoms are like the symptoms of regular flu.

- Sore throat
- Chills
- Tiredness
- Coughing
- Headaches
- Diarrhea
- Fever
- Body pain

**See a doctor if you have a high fever, trouble breathing or cannot keep food or liquids down.**

### Preventing H1N1 influenza

**Get vaccinated.** Get the H1N1 influenza vaccine when it is available and recommended for you. *For more information on vaccine clinics in Philadelphia, call the PDPH Influenza Hotline at (215) 685-6458.*

**Wash your hands!** It will help protect you from germs.

**Avoid being around sick people.** You can get the flu if a sick person coughs or sneezes around you.

**Try not to touch your face.** Germs spread when a person touches something that has germs on it and then touches their eyes, nose or mouth.

**Practice other good health habits.** Get plenty of sleep, stay physically active, manage your stress, drink fluids and eat healthy.

### Protecting yourself and others from H1N1 influenza

**Stay home when you are sick.** When you are sick, stay home from work and school to protect others from getting sick. Wear a facemask or handkerchief to cover your mouth and nose if you have to go out.

**Cover your cough.** Cover your nose and mouth with a tissue when you cough or sneeze and then throw away the tissue.

**Do not allow visitors.** Ask friends and family not to visit while someone is sick at home.



For more information about H1N1 influenza, check out: [www.phila.gov/health](http://www.phila.gov/health) and [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu) and [www.facebook.com/PDPHflu](http://www.facebook.com/PDPHflu) or call your health care provider or **The PDPH Influenza Hotline at (215) 685-6458**. You can also find information about flu vaccines on the second page of this *Health Bulletin*.

# Two Flu Vaccines This Year

Vaccines ("shots") are the best way to prevent influenza ("the flu"). Some symptoms of the flu can include sore throat, coughing and fever. Other symptoms can include chills, headaches and body pain. If you get the flu vaccine, it can help keep you and others from getting sick. It is important to get a vaccine *before* you get sick. This year, there will be two types of flu vaccine. For more information about flu vaccines, call the **PDPH Influenza Hotline at (215) 685-6458**.

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PDPH  
Influenza Hotline:  
(215) 685-6458



## Seasonal Flu Vaccine

Every fall and winter, you can get the **seasonal flu vaccine**. This can help keep you from getting the flu that is expected to cause illness this year.



These people should get a **seasonal flu vaccine**:

- Children from 6 months to 18 years old
- Pregnant women
- People 50 years of age or older
- People with certain chronic medical conditions (check with your doctor)
- People who live in a nursing home or other facility
- People who live or work with any of the above groups (for example, healthcare workers)
- People who live with a baby up to 6 months old
- Anyone else who wants to avoid getting sick from the seasonal flu.



## H1N1 Influenza Vaccine



This year, there will also be an **H1N1 influenza vaccine**. H1N1 influenza, or "swine" flu, is a new type of human virus. Most people aren't protected from H1N1 flu. H1N1 flu symptoms are the same as those of seasonal flu. Getting an **H1N1 influenza vaccine** can help keep you from getting sick from H1N1 influenza.

Certain groups of people can get sicker from H1N1 influenza. When the **H1N1 influenza vaccine** is ready this year, it will be offered to those groups first. After that, it will be offered to everyone else.

These people should get an **H1N1 influenza vaccine**:

- Pregnant women
- People who live or work with babies up to 6 months old
- Healthcare and emergency medical services workers
- Everyone from 6 months to 24 years old
- People from 25 to 64 years old who have certain chronic medical conditions (check with your doctor)

For more information, check out: [www.phila.gov/health](http://www.phila.gov/health) and [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu) and [www.facebook.com/PDPHflu](https://www.facebook.com/PDPHflu) or call your health care provider or the **PDPH Influenza Hotline at (215) 685-6458**.

## Stay in Touch with the Health Bulletin

You can find the Health Bulletin in many languages at [http://www.phila.gov/Health/units/ddc/Health\\_Bulletin/The\\_Health\\_Bulletin.html](http://www.phila.gov/Health/units/ddc/Health_Bulletin/The_Health_Bulletin.html). Is there a health topic you would like to know more about? Please let us know. For more information about the Health Bulletin, email PDPH at [HealthBulletin@phila.gov](mailto:HealthBulletin@phila.gov).