



North Georgia Health District

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Novel H1N1 Virus (Swine Flu) Facts and Recommendations

- So far, most people who have been ill with the novel H1N1 virus (also known as Swine Flu) have recovered.
- We are monitoring hospitalization and death rates.
- At this point, whether you are tested and actually diagnosed with novel H1N1 is less important than what you do if you become sick.
- It's possible that people around you may get sick and you may get sick, especially now as students return to school.
- If you are sick with a flu-like illness, stay home until you have been symptom-free for 24 hours (without medication).
- Most people infected with this virus so far have experienced the regular symptoms of flu (fever, cough, body aches, and a significant number of people have reported vomiting and diarrhea).
- There are locally available antiviral medications against flu.
- The priority use for influenza antiviral drugs at this time is to treat people hospitalized for influenza and those with influenza who have a medical condition that increases their risk of severe influenza.
- Practice good hand-washing hygiene. Use alcohol-based hand sanitizers.
- Get your seasonal flu shot as soon as it becomes available.
- Cover coughs and sneezes.
- Avoid touching your mouth, eyes or nose; germs spread that way.
- Try to avoid close contact with sick people.
- Pregnant women with suspected or confirmed influenza infection need prompt treatment with antiviral medication.
- People with chronic diseases or compromised immune systems should avoid caring for someone with suspected or confirmed influenza infection and should seek prompt treatment with antiviral medication if they have been exposed.
- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
- Vaccine is unlikely to be available until mid-October at the earliest.
- Develop a family emergency plan if you don't already have one.
- Stay informed. Go online to www.nghd.org, www.flu.gov and www.cdc.gov/h1n1flu/.