

# **H1N1- A Different Kind of Flu**

H1N1 affects a different part of the lung than seasonal flu viruses. Seasonal flu affects the bronchial tubes but H1N1 affects the outer lung tissue. This puts a different group of people at higher risk.

- Women pregnant or post-partum up to 6 months
- Persons 6 months to 24 years old
- Healthcare and emergency medical personnel
- People 25-64 yrs old who are at higher risk due to chronic health disorders or compromised immune systems
- Adults 65 and older with chronic diseases. (Approx. 1/3 of adults 65 and older have some protective antibodies.)

Like seasonal flu most people with H1N1 will recover without medical intervention. Others become very ill and death can occur.

## **EMERGENCY Warning Signs in Sick Children**

- Fast or troubled breathing
- Bluish or grey skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

## **EMERGENCY Warning Signs in Adults**

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve and then return with fever and worse cough

Provided by Community of Christ Health Ministries Association

[www.HMACofChrist.org](http://www.HMACofChrist.org)

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For more information go to [www.CDC.gov](http://www.CDC.gov)

## **HOW H1N1 ENTERS THE BODY**

Germs from an infected person will become airborne during a cough or sneeze. These germs are inhaled or contaminate objects. Touching a contaminated object or the secretion itself and then touching a face or mouth introduces the virus to the next person.

## **PREVENTION**

Good hand-washing!!

Adequate rest every day

Good nutrition with optimal intake of fruits and vegetables to support the immune system

Improved intake of Vitamin D--1000 IU to 4000 IU daily

## **AVOID SPREADING THE FLU**

- Avoid close contact when possible (6 feet or closer)
- Wash hands frequently with soap and water or use alcohol-based hand sanitizers
- Avoid touching your eyes, nose, and mouth
- Cover your mouth with a tissue with a cough or sneeze, then discard tissue and wash hands
- Avoid confined spaces with large numbers of people
- Consult your doctor for anti-viral meds consideration if exposed to infected persons
- People should stay home when febrile, coughing, and having flu-like symptom for at least 24 hours after fever is gone. H1N1 flu can usually be spread from 24 hours BEFORE the fever and then for up to 7 days

## **WHEN FLU IS IN YOUR HOME**

- High risk persons should not be care-givers!
- If a high risk person becomes ill, call the doctor for anti-viral medication and advice
- Minimize close contact with sick person (6 feet +)
- Wash surfaces, bathrooms, and exposed areas frequently with household detergents
- Consider taking preventative doses of anti-viral meds
- Caregivers should wear disposable facemasks when providing care to the ill person and wash hands thoroughly after caring for the sick person.