



What is the H1N1 2009 flu virus?

The H1N1 virus is a new influenza virus causing illness in people. The virus was first detected in people in the United States in April 2009. It was quickly determined that the virus spreads from person-to-person, probably in much the same way as seasonal flu. On June 11, 2009, the World Health Organization (WHO) labeled the H1N1 virus as a pandemic virus.¹

Is an effective vaccine already available against the H1N1 virus?

The H1N1 vaccine should be ready for the public in October. The H1N1 vaccine is not intended to replace the seasonal flu vaccine – both vaccines are necessary to help protect people against the influenza viruses circulating this year.¹

How does the H1N1 virus spread?

- Flu viruses spread mainly from person-to-person through coughing or sneezing of people with influenza.
- Viruses can also spread when a person touches a surface with flu viruses on it and then touches his or her eyes, nose or mouth.

How can I protect myself?

- Get vaccinated against the H1N1 virus as soon as the vaccine becomes available.
- Encourage everyone to cover their mouth and nose when they cough or sneeze.
- Wash your hands frequently with soap and water, especially after you cough or sneeze. Alcohol-based hand rubs are also effective.
- Try to avoid close contact with sick people.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Use disinfectants on frequently touched surfaces.
- If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)

What should I do if someone I live with has confirmed H1N1 virus?

- Follow the same precautions you would to avoid ordinary seasonal flu.
- Limit contact with the affected person.
- Avoid having visitors.
- Wash your hands with soap and water or with an alcohol-based hand rub.
- Consider using a face mask or N95 respirator.
- Wash all dishes with warm soap and water.

For more information about the H1N1 virus and what you can do to help protect you and your family, visit www.SayBooToTheFlu.com or www.CDC.gov/H1N1flu.

¹ www.cdc.gov/h1n1flu/qa.htm