

## **H1N1 FLU VIRUS**

The H1N1 flu referred to as “swine flu” is a new influenza virus that is causing illness in people. The major concern about this new virus is that people have little, if any natural immunity. It appears to more greatly affect young people under the age of 25 “healthy adults”. There have been a few cases among people over age 64 which are different when compared to seasonal flu. It can display its self as mild or a severe flu illness. People can't catch H1N1 from animals, but it can easily be spread between people. H1N1 is considered a Pandemic because it is a global (world wide) infectious disease that is spreading from one continent to another through the human population. It's very important to understand that the H1N1 virus is present in our communities.

The symptoms of the H1N1 flu are similar to the symptoms of seasonal flu and include:

- Fever
- Cough
- Sore throat
- Runny
- Body aches
- Headaches
- Chills
- Fatigue (tiredness)
- Diarrhea and vomiting have been reported

The spread of the H1N1 virus occurs in the same way the seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something, such as a surface or object, with flu viruses on it and then touch their mouth or nose or eyes.

The groups recommended to receive the 2009 H1N1 influenza vaccine by the CDC include:

- Pregnant women
- Household contact and caregivers for children younger than 6 months or age
- Healthcare and emergency medical services personnel
- All people from 6 months through 24 years of age

The shipping of the vaccine will begin mid-October, although there is a possibility that some vaccine will be available for shipping starting late September. Vaccine will be shipped to hospitals, clinics, doctor's offices, health departments, and other providers that have been designated. Please check with your town website for H1N1 clinic dates.

For additional information the CDC website will be providing up to date information regarding H1N1.

The web address is: [www.cdc.gov/hiniflu/](http://www.cdc.gov/hiniflu/).

Please Call Demarest Health Department at 201-768-0167 or visit our web site at [www.demarestnj.net](http://www.demarestnj.net) for the latest on H1N1.