



What you need to know about...

What is H1N1 Flu?

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H1N1 is a respiratory virus that was first diagnosed in March 2009. The virus spreads from person to person when someone who is infected with the virus coughs or sneezes into the air. H1N1 was originally called "swine flu," because it was thought to be a strain of flu that pigs often have.

What are the symptoms of H1N1?

The symptoms of H1N1 are similar to those of seasonal flu. They include:

- Fever
- Cough
- Sore throat
- Body aches
- Headache
- Chills
- Fatigue

Some people have reported diarrhea and vomiting associated with H1N1. In some cases, severe illness and deaths have been reported

Like seasonal flu, H1N1 may worsen underlying chronic medical conditions. People with chronic respiratory illnesses such as asthma and chronic obstructive pulmonary disease (COPD) should pay particular attention to the symptoms of H1N1.

How does H1N1 spread?

This flu spreads in the same way that seasonal flu spreads: mainly from person to person when people who are infected cough or sneeze.

How long can the virus live outside the body?

The virus can live 2 hours or longer on surfaces such as tables, doorknobs and telephones. People may become infected by touching something with the flu virus on it and then touching their eyes, mouth or nose.

Who is at risk for H1N1?

While H1N1 affects people of all ages, people under the age of 25 have represented a large number of cases. Additionally, the Centers for Disease Control and Prevention (CDC) indicate that people with compromised immune systems, women who are pregnant and people with respiratory disorders are at a higher risk for complications with H1N1.

What makes H1N1 a pandemic?

H1N1 was identified as a pandemic by the CDC in June 2009 because it had spread to more than 70 countries. Status as a pandemic does not indicate the severity of the flu.

Where can I learn more?

Visit www.lungchicago.org or www.cdc.gov/H1N1Flu for regular updates.