

## H1N1 Influenza (Swine Flu)

**What is H1N1 influenza?** H1N1 influenza (swine flu) is an infection caused by a virus. It is easily spread when an infected person coughs, sneezes, or has close contact with others. You may be able to spread H1N1 influenza to others for 1 week or longer after signs or symptoms appear.

### **What increases my risk for H1N1 influenza or makes the illness worse?**

- You live with or care for someone who has H1N1 influenza.
- You live in a nursing home or long-term care facility, or you live in close quarters with other people.
- You have heart, liver, brain, kidney, or lung disease. Your risk is also higher if you have cancer, diabetes, seizures, or a spinal cord injury.
- You are older than 50 or pregnant.
- You have a weak immune system caused by HIV, AIDS, an organ transplant, or another condition.
- You travel to places where other people have H1N1 influenza.

### **What are the signs and symptoms of H1N1 and other types of influenza?**

- Fever and chills
- Headaches, body aches, and muscle or joint pain
- Cough, runny nose, and sore throat
- Vomiting and diarrhea
- Fatigue or loss of appetite
- Trouble breathing

**How is H1N1 influenza diagnosed?** Your healthcare provider will examine you and ask if you have other health conditions. You may need the following tests:

- **Nose or throat sample:** A sample of fluid is collected from your nose or throat and tested for the H1N1 influenza virus.
- **Culture:** This test helps healthcare providers learn which germ is causing your illness. Fluid samples from your nose or throat are collected and tested.

### **Medicines:**

- **Acetaminophen:** This medicine decreases pain and fever.
- **NSAIDs:** These medicines decrease swelling, pain, and fever. Take as directed. NSAIDs can cause stomach bleeding or kidney problems if not taken correctly.
- **Antivirals:** This is given to fight an infection caused by a virus.

### **OSELTAMIVIR PHOSPHATE IS THE RECOMMENDED DRUG FOR BOTH PROPHYLAXIS AND TREATMENT**

- Adults: 75 mg orally twice daily for 5 days
- Adults (creatinine clearance 10 to 30 mL/min): 75 mg orally once daily for 5 days
- Pediatrics
  - 12 months and greater and 15 kg or less: 30 mg orally twice daily for 5 days

- 12 months and older and greater than 15 kg to 23 kg: 45 mg orally twice daily for 5 days
- 12 months and older and greater than 23 kg to 40 kg: 60 mg orally twice daily for 5 days
- 12 months and older and greater than 40 kg: 75 mg orally twice daily for 5 days

## ZANAMIVIR

- Adults: 10 mg (2 oral inhalations) twice daily for 5 days
- Pediatrics (7 years and older): 10 mg (2 oral inhalations) twice daily for 5 days

### Manage your symptoms:

- **Rest and sleep:** Rest and sleep may help you get better faster.
- **Drink plenty of liquids:** Ask your healthcare provider how much liquid to drink each day and which liquids are best for you. This can help prevent dehydration.

### Prevent the spread of H1N1 influenza:

- **Wash your hands often:** Use soap and water. Use gel hand cleanser when there is no soap and water available. Do not touch your eyes, nose, or mouth unless you have washed your hands first.
- **Cover your mouth when you sneeze or cough:** Cough into a tissue so you do not spread germs from your hands.
- **Clean shared items:** Clean table surfaces, doorknobs, and light switches with a germ-killing cleaner. Do not share towels, silverware, and dishes with people who are sick. Wash bed sheets, towels, silverware, and dishes with soap and water.
- **Wear a face mask:** Wear a mask over your mouth and nose if you have H1N1 influenza or are near anyone who has H1N1 influenza.
- **Stay home if you are sick:** Stay away from others as much as possible while you recover.



### Return to the emergency department if:

- You are dizzy, or you are urinating less or not at all.
- You have a seizure.
- You have a headache with a stiff neck, and you feel tired or confused.
- You have trouble breathing, and your lips look purple or blue.
- You have new pain or pressure in your chest.
- Your symptoms, such as shortness of breath, vomiting, or diarrhea, get worse.
- Your symptoms, such as fever and coughing, seem to get better, but then get worse.

Reference: Micromedex's Care Note Series Online 2.0