

H1N1 Flu: Advice for Families

This information was adapted from a CDC Pamphlet entitled "2009 H1N1 Flu (Swine Flu) and You."

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What is 2009 H1N1 ("swine flu")? 2009 H1N1 (formerly referred to as "swine flu") is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009 and is spreading person to person worldwide, probably in much the same way that regular seasonal influenza viruses spread.

Is 2009 H1N1 contagious?

- Yes. The Centers for Disease Control and Prevention (CDC) has determined that 2009 H1N1 virus is contagious and is spreading from human to human.

How does 2009 H1N1 spread?

- The 2009 H1N1 virus is thought to spread the same way seasonal flu spreads, from person to person when people with influenza cough or sneeze, allowing the virus to infect others. Sometimes people may become infected by touching something—such as a surface or object—that is contaminated with the flu virus and then touching their mouth or nose.

What are the signs and symptoms of this virus in people?

- The symptoms of 2009 H1N1 include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting. Some people infected with 2009 H1N1 have become severely ill or even died.

How is 2009 H1N1 diagnosed?

- If and when patients have typical symptoms, including fever higher than 100°F (37.8°C) along with a new

onset of a cough, or more severe respiratory symptoms, and are sick enough to require admission to the hospital, a test for H1N1 flu can be done. Most often, patients who do not need admission to the hospital do not need to be tested.

How severe is illness associated with 2009 H1N1?

- Illness in people with 2009 H1N1 has ranged from mild to severe. While most people who have been sick have recovered without needing medical treatment, a few are hospitalized or die after infection with this virus.

How long is an infected person infectious, spreading the virus to others?

- People infected with seasonal influenza or 2009 H1N1 shed viruses and may be able to infect others beginning 1 day before getting sick, and up to 5 to 7 days after their symptoms start. This infectious period may last longer in some people, especially children and those with weakened immune systems. People with continued fever should be considered contagious as long as they still have fever and for at least 24 hours after their fevers have resolved.

How can you protect yourself and others?

- If you are a parent visiting a child in the hospital with known or suspected 2009 H1N1, you will be given specific instructions about the use of personal protective equipment. This will include gowns, gloves and masks. Carefully follow the instructions you are given and always wash your hands after leaving the patient's bedside.
- If you are sick with a flu-like illness, stay at home, except to seek medical care, until your symptoms resolve. Staying at home means avoiding activities that bring you in contact with other people, including work, school, travel, shopping, social events and public gatherings.
- Contact your doctor early in an illness if you are feeling very ill, cannot maintain enough fluid intake or have underlying health problems.

• Do not come into the hospital to visit children if you have any of the flu-like symptoms. If you are sick, you will not be allowed to visit. Designate a healthy friend or family member to visit your child. If you have severe illness or a known underlying chronic medical condition, contact your health care provider immediately.



See reverse side for Hand Hygiene and Cough & Sneeze Etiquette Tips

IMPORTANT NOTICE TO ALL PATIENTS AND VISITORS OF CHILDREN'S HOSPITAL

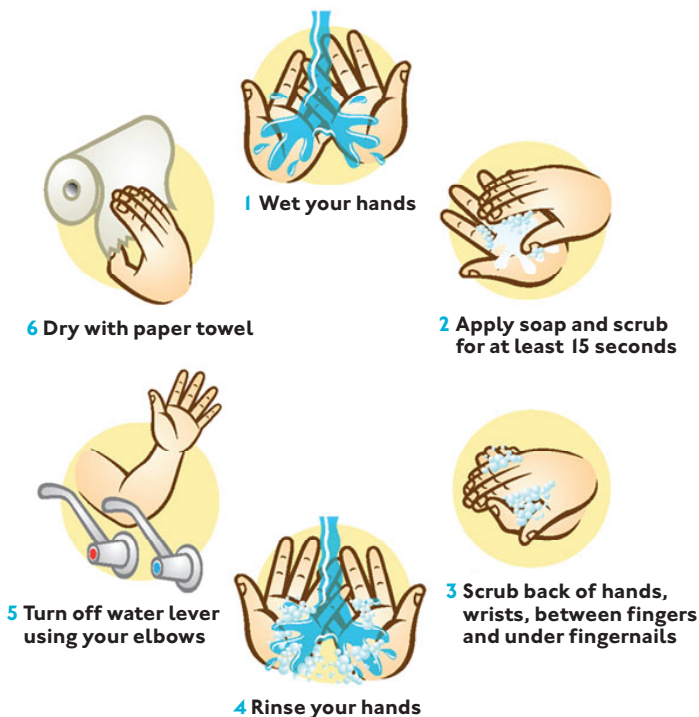
Please tell staff immediately if you have flu symptoms.

Flu symptoms include fever, headache, tiredness, dry cough, sore throat, nasal congestion and body aches.

Hand Hygiene

Hand hygiene is the single most effective measure to prevent infection. Wash hands before entering a child's room, after changing diapers, before administering care to the child, after removing gloves, masks, and gowns and before leaving the room.

HOW TO WASH YOUR HANDS



HOW TO USE THE ALCOHOL GELS*

* Hands must be free of dirt or organic material before using alcohol hand gels.

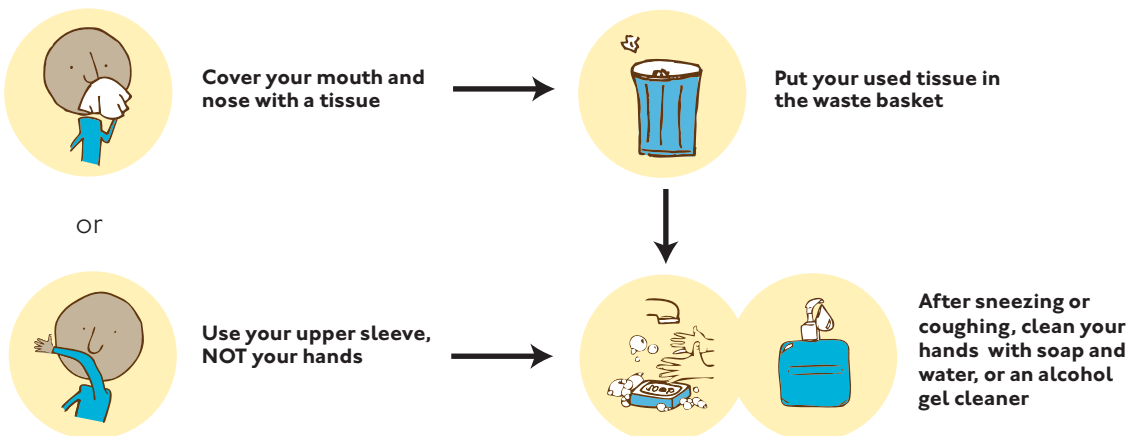


If you do not see the doctor, nurse or other health-care provider clean their hands with soap and water, or use a waterless alcohol hand rub when entering your child's room, please remind them to do so.

Video Viewing: The patient and/or family may view the hand hygiene video, "It's OK to Ask" (English version) in the hospital or the OPC. To do this, dial extension 3388, follow the voice instructions, then enter the video number #609. The video will begin playing on the channel mentioned on the phone.

Cough & Sneeze Etiquette

Stop the spread of germs by remembering to do the following the next time you cough or sneeze:



Video Viewing: The patient and/or family may view the cough etiquette video, "Why Don't We Do It In Our Sleeve" (English and Spanish version) in the hospital or the OPC. To do this dial extension 3388, follow the voice instructions, then enter the video number #610 (English) or #611 (Spanish). The video will begin playing on the channel mentioned on the phone.