



How can I tell which flu I have

Because symptoms of the seasonal flu and H1N1 are the same, you will not be able to tell the difference between the two on your own. While testing is an option, it's not recommended as it won't make a difference in how your symptoms will be treated.



Help prevent H1N1 from spreading

- Wash your hands often.
- Cough or sneeze into your elbow or a tissue.
- Stay home from work or school if you have a fever or other symptoms.
- Get vaccinated for seasonal flu and H1N1.



Up your flu IQ

- Connecticut Flu Watch – www.ct.gov/ctfluwatch for updates and additional information
- Flu.gov – www.flu.gov

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FLU IQ

What is the H1N1 virus and how is it different from the seasonal flu?



The H1N1 flu explained

The H1N1 flu, also known as the “swine flu,” is a new strain of influenza. Like the seasonal flu, the H1N1 flu is a virus that causes a respiratory infection in people. This virus can spread from person to person through coughing and sneezing.



How does the H1N1 flu differ from the seasonal flu

Even though the H1N1 virus and the seasonal flu are the same in many ways, they are two different types of influenza.

What Makes Them the Same?

- Both flus’ symptoms include fever, body aches, headache, sore throat, cough, runny/stuffy nose, chills, fatigue and possibly diarrhea and/or vomiting.
- Both viruses are spread mainly from person-to-person through coughing or sneezing. Sometimes people can get the flu by touching something with flu viruses on it and then touching their eyes, mouth or nose.
- Both types of flu are treated using fever-reducing medication, plenty of fluids, antivirals and rest.

What Makes Them Different?

- The H1N1 virus is new, so not as many people are immune to it.
- Unlike seasonal flu, people 65 and over are less likely to get the H1N1 flu.
- The CDC reports the H1N1 virus has affected more people younger than 25 years old vs. the older population.



Treating the H1N1 flu

Rest

Make sure you’re comfortable and getting plenty of rest. If possible, make a “sick room” for people who are ill to keep them away from healthy people. Your “sick room” should have windows to help with airflow.

Hydrate

Drinking a lot of clear fluids and staying hydrated is very important in getting better from H1N1 and seasonal flu.

Medicate

Reducing fever and other flu symptoms can be done with basic non-prescription medication found at your pharmacy. These include ibuprofen or acetaminophen to reduce fever and help with sore throat and other symptoms. Remember, never give aspirin to anyone under the age of 20 as it’s linked to a life-threatening illness called Reye’s syndrome.

Watch

Call the doctor if you:

- Have trouble breathing or have fast breathing.
- Have bluish color to skin or lips.
- Have chest pain or pressure.
- Have seizures or spasms.
- Get worse after seeming to get better.