



What is 2009 H1N1 flu?

2009 H1N1 (referred to as “swine flu” early on) is a new influenza A (flu) virus causing illness in people. This new virus was first detected in people in the United States in April 2009. This virus is spreading from person-to-person worldwide, probably in much the

same way that regular seasonal influenza viruses spread. On June 11, 2009, the [World Health Organization](#) (WHO) signaled that a pandemic of 2009 H1N1 flu was underway.

How does it spread?

H1N1 Flu spreads mainly person-to-person through coughing or sneezing, from contaminated hands, tissues, objects, or surfaces.

I think I and/or my child may have the H1N1 Flu. What should I look for?

Symptoms (generally abrupt onset) include:

- ✓ Fever over 100.5° F
- ✓ Sore Throat
- ✓ Body aches
- ✓ Chills
- ✓ In some cases, diarrhea and/or vomiting
- ✓ Cough
- ✓ Runny or stuffy nose
- ✓ Headache
- ✓ Fatigue

Additional screening questions:

- Close contact with someone who is sick and/or who has been diagnosed with the flu (close contact is defined by the World Health Organization and OSHA as within 6 feet).

I and/or my child meet the above criteria. What should I do?

- Stay home and avoid traveling and going to work or school, for at least 24 hours after your fever is gone, except to get medical care or for other necessities.
- Call your ARC clinic to make an appointment or speak to a nurse or our information line at 272-4636 to be routed accordingly.
- If you come in for an appointment, please use a mask when checking in, they are available at the check-in desk. This is to protect you as well as minimize the risk to those around you.



How can I protect myself from getting sick?

It is important to prevent the spread of germs that cause respiratory illness. Take these everyday steps to protect yourself and those around you:

- Cover your nose and mouth with a tissue when you cough or sneeze; Throw the tissue in the trash; Wash hands
- If tissue is not available, cough into your sleeve, not the air or your hands
- Try to avoid close contact with sick people
- Avoid touching your eyes, nose or mouth; Germs spread this way
- If you are sick, stay home, limit your contact with others to keep from infecting them; and,
- Most importantly, **WASH YOUR HANDS** often with soap and water; Alcohol-based hand cleaners are also effective

Is there a vaccine for H1N1?

Yes, the 2009 H1N1 vaccine is expected to be available in the fall. More specific dates cannot be provided at this time as vaccine availability depends on several factors including manufacturing time and time needed to conduct clinical trials.

The Texas Department of Health will distribute the vaccine. Check back regularly to find out more about the availability of H1N1 vaccine at Austin Regional Clinic. Visit the CDC web site for a more in depth discussion of the H1N1 vaccine:

http://www.cdc.gov/h1n1flu/vaccination/public/vaccination_ga_pub.htm

When can me or my child go back to work or school after having the flu?

Stay home from work and keep your child home from school, day care or camp for at least 24 hours after fever is gone. (Fever should be gone without taking a fever-reducing medicine.) A fever is defined as 100°F (37.8°C) or above.