



What You Need to Know About H1N1 Flu

Common Sense Tips to Stay Healthy



What is H1N1 flu?

Novel H1N1 influenza is a new virus that has been identified and is spreading in the United States and internationally. The virus is highly contagious. Most people who have become ill with this new virus have recovered without requiring medical treatment.

How is H1N1 flu spread?

According to the Centers for Disease Control and Prevention (CDC), the H1N1 virus spreads the same way seasonal influenza viruses spread – mainly from person to person through coughing or sneezing of people infected with the influenza virus. People may become infected by touching something with flu viruses on it and then touching their mouth or nose.

Am I at risk for getting H1N1 flu?

H1N1 flu is like any other flu, and you can reduce your risk of getting sick by using common sense and good hygiene. In addition, try to avoid direct contact with those who exhibit flu-like symptoms.

What are the symptoms of H1N1 flu?

Symptoms of H1N1 flu are very similar to the seasonal flu and include fever, cough, sore throat, body aches, headache, chills and fatigue.

How is H1N1 different from regular flu?

Like the seasonal flu, H1N1 is transmitted through saliva or mucus from person to person. Many people are immune to influenza viruses already present in the human population, or they are able to prevent them with vaccinations. The H1N1 strain is a new flu virus to the human population, so people have little or no immunity to the virus. But like the seasonal flu, you can reduce your risk of getting sick by practicing good hygiene. A vaccination is currently under development.

Everyday actions can help you stay healthy.

- 1. Cover your nose and mouth** with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- 2. Wash your hands often** with soap and hot water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- 3. Avoid touching your eyes, nose or mouth.** Germs spread that way.
- 4. Avoid close contact** with sick people.
 - Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
 - If you get sick, the CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.



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One Cameron Hill Circle
Chattanooga, TN 37402

bcbst.com

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