

## Flu Prevention

### Common Sense Tips

- Cough and sneeze into your sleeve; cover your mouth and nose.
- Wash your hands often with warm water and soap.
- Use alcohol based disposable wipes or hand sanitizer gels. Keep a supply at home and in the office.
- Avoid touching your eyes, nose, or mouth. Infections may occur when a virus is passed from the hands.
- Stay home when you are sick. See a doctor if needed. Maintain your distance from others.
- Teach children about the above.
- Prepare your home. Stock liquids such as Gatorade, bottled water, soups, easy to prepare foods, tissues, and a supply of over-the-counter pain and fever reducers such as aspirin or acetaminophen (Tylenol), or cold and flu preparations recommended by your doctor. *[Caution should be used with acetaminophen not to exceed the recommended dosage. Aspirin should not be used with children or teenagers who have a fever.]*
- Consider a humidifier or vaporizer to keep room air moist in the dry, southwest climate.
- Create a back-up childcare plan.

## Additional Resources

[www.flu.gov](http://www.flu.gov)

[www.cdc.gov/h1n1](http://www.cdc.gov/h1n1)

[www.PandemicFlu.gov](http://www.PandemicFlu.gov)

And your local state health department

### General Information about H1N1 Flu

Q&A's, including guidance for treatment and infection control, background information, and audio and video resources:

[www.flu.gov](http://www.flu.gov) or [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu)

**2009 H1N1 Flu and You:** What is 2009 H1N1 Flu?

[www.cdc.gov/h1n1flu/swineflu\\_you.htm](http://www.cdc.gov/h1n1flu/swineflu_you.htm)

### Key Facts about 2009 H1N1 Flu

How does 2009 H1N1 Flu Spread?

[www.cdc.gov/h1n1flu/key\\_facts.htm](http://www.cdc.gov/h1n1flu/key_facts.htm)



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## Influenza A

### H1N1

#### Swine Flu

*Ways to protect yourself*

*and your family*

## What is Pandemic Flu?

An influenza pandemic occurs when a new influenza virus causes high numbers of illness in humans and spreads rapidly throughout the world. Because there is little natural immunity, the disease can spread rapidly.

According to the Centers for Disease Control and Prevention (CDC), a pandemic is a global disease outbreak.

It occurs when:

- A new disease, such as a new form of influenza, emerges for which there is little or no immunity in humans,
- It spreads easily from human to human, and
- It infects humans and causes severe illness.

## How to help prevent the spread of the disease?

- Wash hands regularly
- Use an alcohol-based hand gel as per package directions
- Avoid those who are sick
- Stay in good general health
  - Get plenty of rest
  - Be physically active
  - Manage stress
  - Drink plenty of fluids, especially water
- Avoid touching face/mouth
- Develop an emergency family plan and kit
  - How will you take care of children/family members?
  - Do you have supplies/medications on hand?

## Influenza Vaccination or Flu Shots

A vaccine is currently being developed and distributed, and is expected to be available in limited supplies in October 2009.

Due to the limited supplies, there will be priority groups. The groups recommended to receive the novel H1N1 influenza vaccine include:

- **Pregnant women** because they are at higher risk of complications and can potentially provide protection to infants who cannot be vaccinated;
- **Household contacts and caregivers for children younger than 6 months of age** because younger infants are at higher risk of influenza-related complications and cannot be vaccinated. Vaccination of those in close contact with infants less than 6 months old might help protect infants by “cocooning” them from the virus;
- **Healthcare and emergency medical services personnel** because infections among healthcare workers have been reported and this can be a potential source of infection for vulnerable patients. Also, increased absenteeism in this population could reduce healthcare system capacity;
- **All people from 6 months through 24 years of age**
  - **Children from 6 months through 18 years of age** because we have seen many cases of novel H1N1 influenza in children and they are in close contact with each other in school and day care settings, which increases the likelihood of disease spread, and
  - **Young adults 19 through 24 years of age** because we have seen many cases of novel H1N1 influenza in these

healthy young adults and they often live, work, and study in close proximity, and they are a frequently mobile population; and,

- **Persons aged 25 through 64 years who have health conditions associated with higher risk of medical complications from influenza.**

## Emergency Warning Signs

If you see these warning signs in yourself or your loved ones, you should seek immediate medical care.

### Children

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

### Adults

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

**CDC recommends that people with influenza-like illness remain at home until at least 24 hours after they are free of fever (100° F [37.8°C]), or signs of a fever without the use of fever-reducing medications.**