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# H1N1 INFLUENZA

## What You Need to Know



## A Helpful Guide to Flu Prevention and Management

COURTESY OF GRACE VISITING NURSES

## Contents

What is H1N1 Influenza?.....	3
How is H1N1 different from seasonal flu?.....	3
How is the H1N1 spread from person-to-person? .....	3
What can I do to protect myself? .....	4
What symptoms should I be looking for? .....	4
How do I care for the sick in my home? .....	5
What are the emergency warning signs? .....	7
Are there medicines to treat 2009 H1N1? .....	8
What does the H1N1 Vaccine do? .....	8
Who should get H1N1 influenza vaccine?.....	9
Who should get the vaccine and who should wait? .....	9
What risks are involved with the H1N1 Vaccine?.....	10
In the case of a severe reaction: .....	10
How can I learn more?.....	10

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Our services offered include:

- ✚ Physical, Occupational, and Speech Therapy
- ✚ Pediatric Nursing
- ✚ Telemonitoring
- ✚ Wound Care/Wound Vac
- ✚ Anodyne Therapy
- ✚ Ventilators/Trach Care
- ✚ Central Line Care
- ✚ PICC Line Care
- ✚ IV/TPN Therapy
- ✚ IVIG/Respigam







family members use a separate bathroom that is disinfected regularly with antibacterial soap or spray. Do not allow persons that are at high risk for complications/immunocompromised care for or visit the sick individuals. Avoid going within 6 feet of their personal space.



### **Salt Water Gargle:**

Mix 1 cup of warm water with 1 tsp of salt. Gargle for 5-10 seconds 3-4 times a day for

sore throat.

All persons in the home should wash hands frequently including the ones that are ill. Dishes and eating utensils may be used by others only after they have been washed thoroughly with hot water. Avoid face to face contact with the sick persons; if holding a sick child, place their chin on your shoulder so that they do not cough into your face. Wear face masks if possible and/or tolerated. Allow them to get plenty of rest and drink clear fluids (such as water, broth, sports drinks, electrolyte beverages for infants) to keep from being dehydrated.

The CDC recommends the use of cool-mist vaporizers or saline nasal spray to help relieve their congestion.

CDC's website [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu) or [www.cdc.gov/flu](http://www.cdc.gov/flu)

This book was made possible by the information found on the CDC's website as listed above.



Grace Visiting Nurses is always available to care for you or your loved one. Please call with any questions.

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It is anticipated that the H1N1 vaccine may be given at the same time as other vaccines, including seasonal influenza vaccine.

### What risks are involved with the H1N1 Vaccine?

The risks from H1N1 vaccine are expected to be similar to those from seasonal flu vaccine:

- **Mild problems:** soreness, redness, tenderness or swelling (at the injection site), headache, muscle aches, fever, and nausea.
  - If these problems occur they usually begin soon after the shot and last 1-2 days.
- **Severe problems:** Life-threatening allergic reactions to vaccines are very rare. If they do occur, it is usually within a few minutes to a few hours after the shot.

### In the case of a severe reaction:

Signs of a severe allergic reaction can include: difficulty breathing, hoarseness or wheezing, hives, paleness, weakness, a fast heart beat or dizziness. With any of these issues go the emergency room. Tell the doctor the date and time the vaccination was given. Ask your provider to report the reaction by filing a Vaccine Adverse Event Reporting System form. Or you can file this report through the VAERS website at [www.vaers.hhs.gov](http://www.vaers.hhs.gov), or by calling 1-800-822-7967.

### How can I learn more?

Call your local or state health department

### CDC Recommended Rehydration Recipe

#### Rehydration Drink:

4 cups of water

3 TBSP sugar or sugar substitute

1 tsp salt

~optional add to Kool-Aid or Crystal light



### What are the emergency warning signs?

In children:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- 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
- Fever with a rash

In adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

## Are there medicines to treat 2009 H1N1?

Yes. Antivirals are drugs your doctor may prescribe for treating both seasonal and H1N1. These drugs can make you better faster and may also prevent serious complications. This flu season, antiviral drugs are being used mainly to treat people who are very sick, such as people who need to be hospitalized, and to treat sick people who are more likely to get serious flu complications. Your health care provider will decide whether antiviral drugs are needed to treat your illness. Remember, most people with H1N1 have had mild illness and have not needed medical care or antiviral drugs and the same is true of seasonal flu. It is better to take preventative action and take advantage of the H1N1 vaccine that will soon be available.



## What does the H1N1 Vaccine do?

The H1N1 vaccine is produced to prevent you from becoming infected with the virus. It is expected to be just



as effective as the seasonal flu vaccine. However, the H1N1 vaccine will not prevent the seasonal flu. You should always get the seasonal influenza vaccine, as recommended by your physician.

## Who should get H1N1 influenza vaccine?

Groups recommended to receive H1N1 vaccine are as follows: ( in this order)

- Pregnant women
- People who live with or care for infants younger than 6 months of age
- Health care and emergency personnel
- Anyone from 6 months through 24 years of age
- Anyone from 25 through 64 with certain chronic medical conditions or a weakened immune system
- Healthy 25-64 years old who are at higher risk for H1N1 because of chronic health disorders or compromised immune systems.

## Who should get the vaccine and who should wait?

You should **not** get the H1N1 flu vaccine if you have a severe (life threatening) allergy to eggs. People who are moderately to severely ill or who have a fever are advised to wait until they no longer have symptoms of an illness before getting the vaccine.